

Fats and Cardiovascular Disease

- Hu, F. B., Manson, J. E., & Willett, W. C. (2001). Types of dietary fat and risk of coronary heart disease: a critical review. *Journal of the American College of Nutrition*, 20(1), 5-19.
 - Even as early as the 2000's Harvard Public Health School stated that "the low-fat campaign has been based on little scientific evidence and may have caused unintended health consequences."
- Chapters 7 and 8 of *Good Fats and Bad in Catherine Shanahan's Deep Nutrition*.
 - Dr. Shanahan gives a great history of the history of the low-fat campaign and also provides plenty of sources as a sort of state of the nutrition research regarding fat.
- Chowdhury, R., Warnakula, S., Kunutsor, S., Crowe, F., Ward, H. A., Johnson, L., ... & Khaw, K. T. (2014). Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. *Annals of internal medicine*, 160(6), 398-406.
 - This article is a very in-depth review of the current state of the literature, and concludes that our recommendations for reducing saturated fats and replacing them with polyunsaturated fatty acids (PUFAs, aka veggie oils) aren't reliable. It's dry--very dry--but gives a better idea of what the research actually says.

Sources

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2. Simopoulos, A. P. (1999). Essential fatty acids in health and chronic disease. *The American journal of clinical nutrition*, 70(3), 560s-569s.
3. Nagy, K., & Tiuca, I. D. (2017). Importance of Fatty Acids in Physiopathology of Human Body. In *Fatty Acids*. InTech.
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5. Dhaka, V., Gulia, N., Ahlawat, K. S., & Khatkar, B. S. (2011). Trans fats—sources, health risks and alternative approach - A review. *Journal of Food Science and Technology*, 48(5), 534–541. <http://doi.org/10.1007/s13197-010-0225-8>
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