**TIP OF THE WEEK** The mistake of eating low fat foods

The low-fat dietary mistake of the last 40 years spawned more than its share of nutritional disasters. Along with cutting essential fats (like omega-3s and mono-unsaturated fats), low-fat dietary advice helped spawn:

* Hydrogenated ("trans") fats as low-fat,
* High-sugar foods bearing "heart healthy" labels
* Obesity
* Diabetes and metabolic syndrome
* Inflammation

Low-fat foods often have a lot of *fructose* added. *High-fructose corn* *syrup*, in particular, has worked its way into literally thousands of foods, from bread and beer, to ketchup and spaghetti sauce, even pickles.

Compared to glucose, a *fructose*-rich diet leads to:

1) Four-fold greater intra-abdominal fat accumulation

(Intra-abdominal fat is the variety that blocks insulin responses and causes diabetes and inflammation.)  
   
2) 13.9% increase in LDL cholesterol. It also doubled Apoprotein B which is an index of the *number* of LDL particles.  
   
3) 44.9% increase in the dreaded small LDL, compared to 13.3% with glucose.  
   
4) While glucose (curiously) reduced the overall after-eating triglyceride response, *fructose* increased after-eating triglycerides an incredible *99.2%*!  
   
*Fructose* metabolism, unlike glucose, is not inhibited (via feedback loops) by energy intake. It's as if you are always starving. Add to this the data that show that *fructose* increases uric acid which causes gout, muscle inflammation, joint pain, and may act as a coronary risk factor. It also contributes to metabolic syndrome (pre-diabetes), and increases appetite. So, beware of low-fat or non-fat foods, most of which are rich with high-*fructose* corn syrup.