

Pioneering study highlights what really belongs in a heart-healthy diet

The researchers studied how consuming different ratios of proteins, carbohydrates and fats may affect heart health.



Advanced design and analytics



Cutting-edge cardiovascular disease risk indicators were measured

LDL particle size, insulin resistance and advanced inflammatory markers were used to analyze risk. Most previous studies analyzed only traditional blood lipids.



Study participants

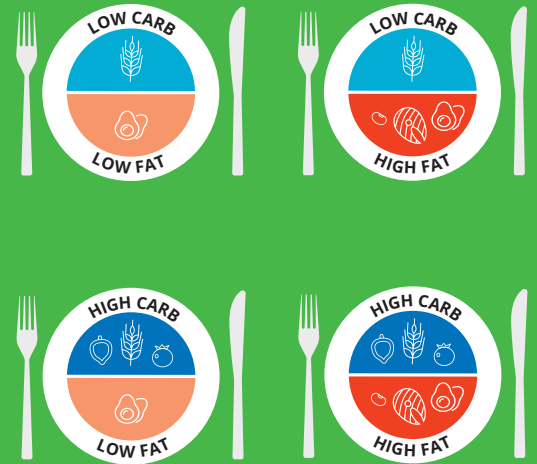
577 healthy, active, middle-class Malaysians; non-smokers/non-drinkers.



Long-term analysis

Exhaustive one-year study.

Studied dietary patterns



Research Reveals



Fats aren't the problem

Fat intake had little-to-no impact on cardiovascular disease risk factors.



Be cautious about carb-heavy diets

Diets with a higher proportion of carbohydrates tend to lead to inflammation and insulin resistance, conditions which may lead to heart disease.



The type of fat doesn't matter

Saturated fat shouldn't be demonized. Palm oil was consumed by 83% of the participants; the rest consumed more unsaturated oils.



Flawed thinking may be hurting our health

Labeling macronutrients as good or bad is an oversimplification that has led people to adopt diets that may do more harm than good.



Bottom Line

Restricting carb intake has a significantly greater benefit to heart health than restricting fat consumption.

"Our traditional understanding of dietary factors and accompanying dietary recommendations for cardiovascular disease management may require reassessment in light of this and other emerging evidence."

- Dr. Kalyana Sundram, senior author