

Dietary Fat Reduction Lowers Blood Cholesterol

NEW YORK — Fat in our diets has a much greater impact on blood cholesterol levels than does dietary cholesterol, said Cathy McCharen, Director of the Egg Nutrition Center, Washington, D.C.

"A reduction of total fat in the diet has been found to lower blood cholesterol in most people, particularly if saturated fat is reduced," said McCharen. "However, when most people restrict sources of dietary cholesterol from their diets, it has a limited effect on blood cholesterol."

While about 80 percent of the population compensate well for dietary cholesterol, there are some people who are hyperlipidemic and/or "non-compensators," according to Donald McNamara, Professor in the Department of Nutrition and Food Science, University of Arizona at Tucson, and member of the scientific advisory panel of the American Egg Board. "For some of those people, dietary intervention may not be enough," said Dr. McNamara. "In certain cases, drug therapy is required."

Saturated Fat

A diet containing excess saturated fat such as cocoa butter, butter, coconut or palm oil, fat in meat and dairy products, hydrogenated "hardened" shortenings and margarines, tends to increase the blood cholesterol levels.

Monounsaturated Fat

Current research shows that monounsaturated fatty acids, olive oil, peanut oil, may actually decrease blood cholesterol levels. Studies reveal that monounsaturated fats may not only lower blood cholesterol and LDL cholesterol, but do so while

preserving the level of HDL cholesterol.

HDL and LDL are the two kinds of cholesterol found in the blood. HDL — "good" cholesterol — is protective against heart disease, while LDL — "bad" cholesterol — is one of the factors that influences heart disease. Higher levels of HDL are found in people who exercise regularly, are non-smokers, and limit their alcohol consumption. Higher levels of LDL have been associated with sedentary lifestyles, obesity and diets rich in saturated fats.

Polyunsaturated Fat

An increased intake of polyunsaturated fats such as corn oil, cottonseed oil and safflower oil tends to lower blood cholesterol levels.

"It's easy to cut down on total fat and saturated fat without eliminating any food if you become aware of where fat occurs, and change your cooking methods and eating habits," advises McCharen. "Saturated fat is found primarily in animal fats, so don't eat the fat on meat, and choose lower fat

dairy products." One can read labels to help cut down on products containing saturated fats found in butter, cocoa butter, coconut or palm oil, hardened margarines and shortenings.

Although eggs are a concentrated source of cholesterol, they contain less than two grams of saturated fat and only six grams of total fat. "Recent research has shown that the majority of persons can consume a moderate amount of eggs because, in most people, dietary cholesterol has a limited impact on blood cholesterol

levels," said McNamara. "Some people with elevated blood cholesterol levels need to restrict dietary cholesterol and to pay attention to the most important dietary factor for decreasing blood cholesterol — significantly decreasing saturated fat," he said.

Reduction in total fat is best achieved by cutting consumption of saturated fats in half. Cutting down on total fat should aid in weight loss and weight control as well as in lowering blood cholesterol levels.

County Observes Farm Women Day



Mary Shellenberger, president of the Lancaster County Farm Women Society, chats with a few of the Farm Women who attended the county's celebration of Pennsylvania Farm Women Day, designated by Governor Thornburgh. Designed as a day of fellowship and friendship, over 200 Lancaster County members gathered at Willow Valley Restaurant for a buffet breakfast. This is the largest-ever turnout for the local recognition of the special day.

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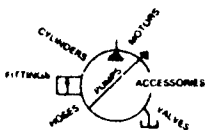
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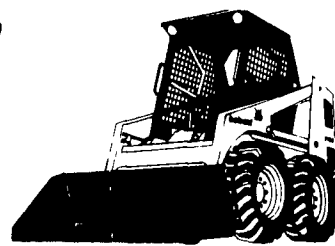
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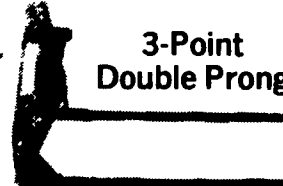
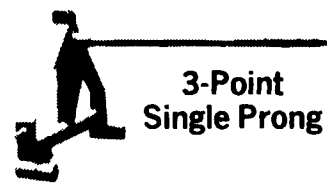
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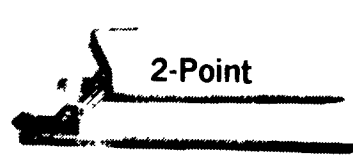
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