

Hello from Cyndi at Changing Habits

Is it the fat you eat rather than the sugar that has caused a three fold increase in Diabetes over the last 20 years?

First of all welcome to all the new subscribers to this newsletter, the last month has shown a sharp increase in visitors to the changinghabits.com.au website. So welcome to those people who are now ready to hear the truth about food.

I spoke recently at one of the local primary schools. Food groups were the topic of discussion. I made it easy for the students and told them there were only two food groups, the foods from nature and the technology foods. I told them that we should mainly eat from the foods from nature food group and very little from the technology food group. One such food that belongs in the technology food group is margarine and of late it has been getting a lot of press, bad press.

Over the last couple of weeks there has been some wonderful publicity against margarine. Dr Paul Beaumont a prominent eye specialist in Sydney has been on Today Tonight warning people that margarine consumption has a direct correlation to macular eye degeneration, which in turn causes blindness. The CSIRO have said that Dr Beaumont's research stems from American figures where the trans fatty acid levels are greater in American margarine than Australian margarine. That maybe so, but perhaps no trans fatty acids would be more conducive to health. I know I'm not prepared to wait another 20 years to find out that we should ban margarine and hydrogenated vegetable oil totally from the diet.

More importantly are the latest figures on the correlation between margarine, vegetable oils and other technology fat consumption, which are perhaps behind the large increase in diabetes.

Approximately 1.2 million people have diabetes in Australia, 85-90% are type II diabetes (lifestyle induced) and half don't even know they have it. Diabetes is considered a common condition leading to death, illness and disability. It is estimated the direct annual health care cost for diabetes in Australia is \$1.9 billion and by the year 2010 it will be around \$2.3 billion. It is one of our top leading causes of death.

Could it be as simple as the fat we eat that has caused the three fold increase in diabetes in the last 20 years? Let's explore this!

Diabetes is diagnosed as a failure of the body to metabolise carbohydrates properly. The defining symptom is a high blood glucose level. This disease affects almost every cell in the 70 trillion or so cells of the body. All these cells are dependent upon the food that we eat for the raw materials they need for self repair and maintenance. The cell membrane (which encapsulates the cell) is made up of mainly fats. This membrane is the gate keeper to foods we eat, such

as glucose. In a healthy cell the gate keepers are made up of cis fatty acids, this makes the cell membrane relatively fluid and slippery allowing for the passage of glucose into the cell. But in an unhealthy cell the gate keepers are made from trans fatty acids making the cell membrane stiff and sticky and inhibiting the glucose transport mechanism. In short this changes the biochemistry of the cell thus changing the health and biochemistry of the body. (You may need to read this several times in order to understand the concept, but it is an important concept to grasp.)

In short if you eat a diet with technology fat, such as margarine, hydrogenated vegetable oils and vegetable oils then you will produce cells that struggle to allow the passage of glucose within the cell. But if you eat nature based fats then you will produce healthy cells, thus allowing the passage of glucose and utilisation of this important food into the cells.

So what are nature based fats and what are technology fats?

Nature Fats: flax seed oil, fish oil, cod liver oil, butter, coconut oil, olive oil, macadamia nut oil, avocado oil and clean animal fat

Technology Fats: margarine, hydrogenated oil, partially hydrogenated oil, vegetable oil, canola oil (rapeseed), soy oil.

It is now more important than ever to stop believing the lie that our food supply is safe and nutritious. Check your food labels and make sure that you avoid all technology fat.

Happy Changing Habits

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