



# Choosing Optimum Dietary Fat Permutations for Healthy Lifestyles

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**“I thought of that while riding my  
bicycle.”**

**Albert Einstein  
on the theory of relativity**

balance

prevention

HEALTH

diet

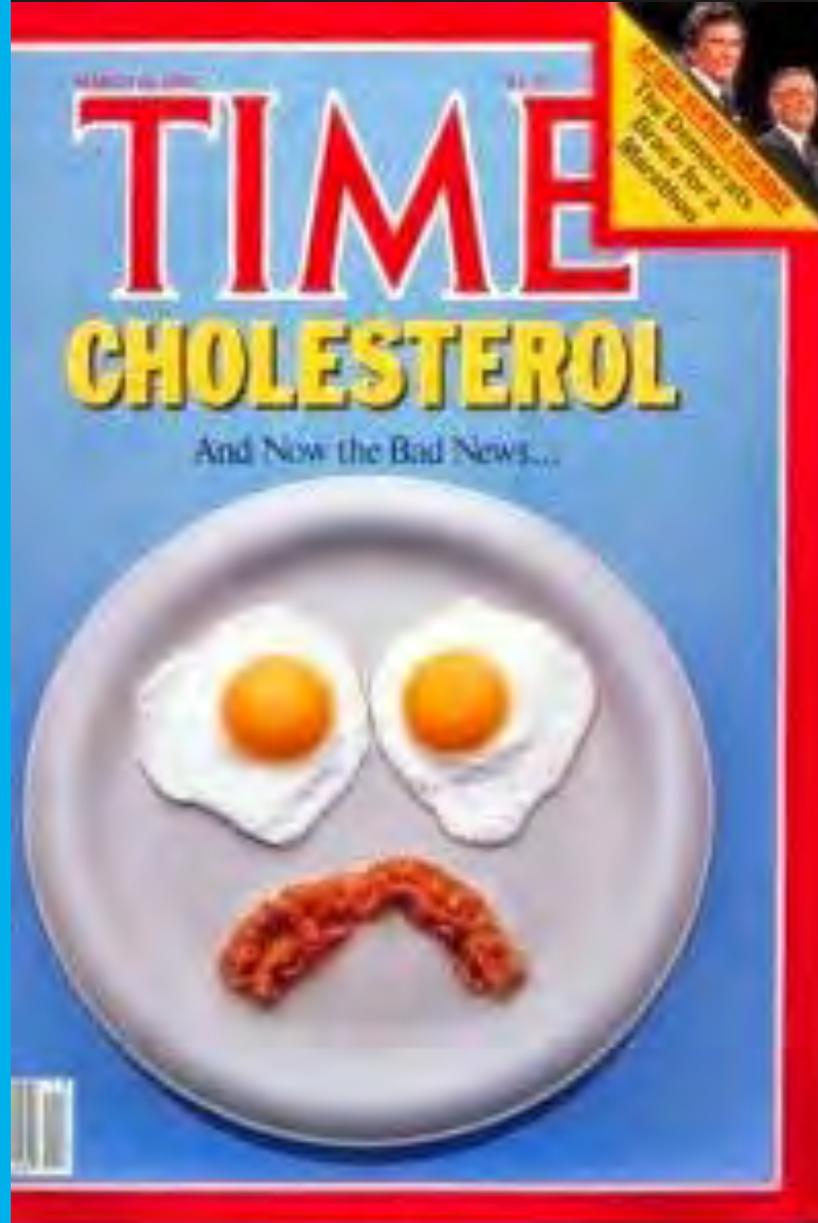
habits

fitness

# The Scientific Research Screams the Obvious

- Obesity in Teen Years Tied to Colon Cancer Risk in Adulthood: MedlinePlus Health News
- Metabolically active adiposity ([#metabolicsyndrome](#)) is associated w/longitudinal progressive airflow decrease [#COPD](#)
- Unstable Childhood May Hike Risk of Adult [#Obesity](#) - [@PsychCentral](#)  
<http://ow.ly/xiAd30dVKHS>
- Doctors Are Prescribing Park Visits to Boost Patient Health  
[ow.ly/2C5G30dksij](http://ow.ly/2C5G30dksij) [#fitness](#) [#exercise](#)[#lifestyle](#)  
[#medicine](#) [#nature](#) [#outdoors](#)
- One More Reason Aerobic Exercise Is So Good for Your Brain  
[https://www.psychologytoday.com/blog/the-athletes-way/201707/one-more-reason-aerobic-exercise-is-so-good-your-brain ...](https://www.psychologytoday.com/blog/the-athletes-way/201707/one-more-reason-aerobic-exercise-is-so-good-your-brain...)
- The consumption of nuts, green leafy vegetables, and whole grains may be beneficial for Alzheimer's disease prevention. [#ICNM17](#)
- [#LifestyleMedicine](#) wins again!| A healthy lifestyle increases life expectancy by up to seven years :ScienceDaily

# Consumer Messaging



1984



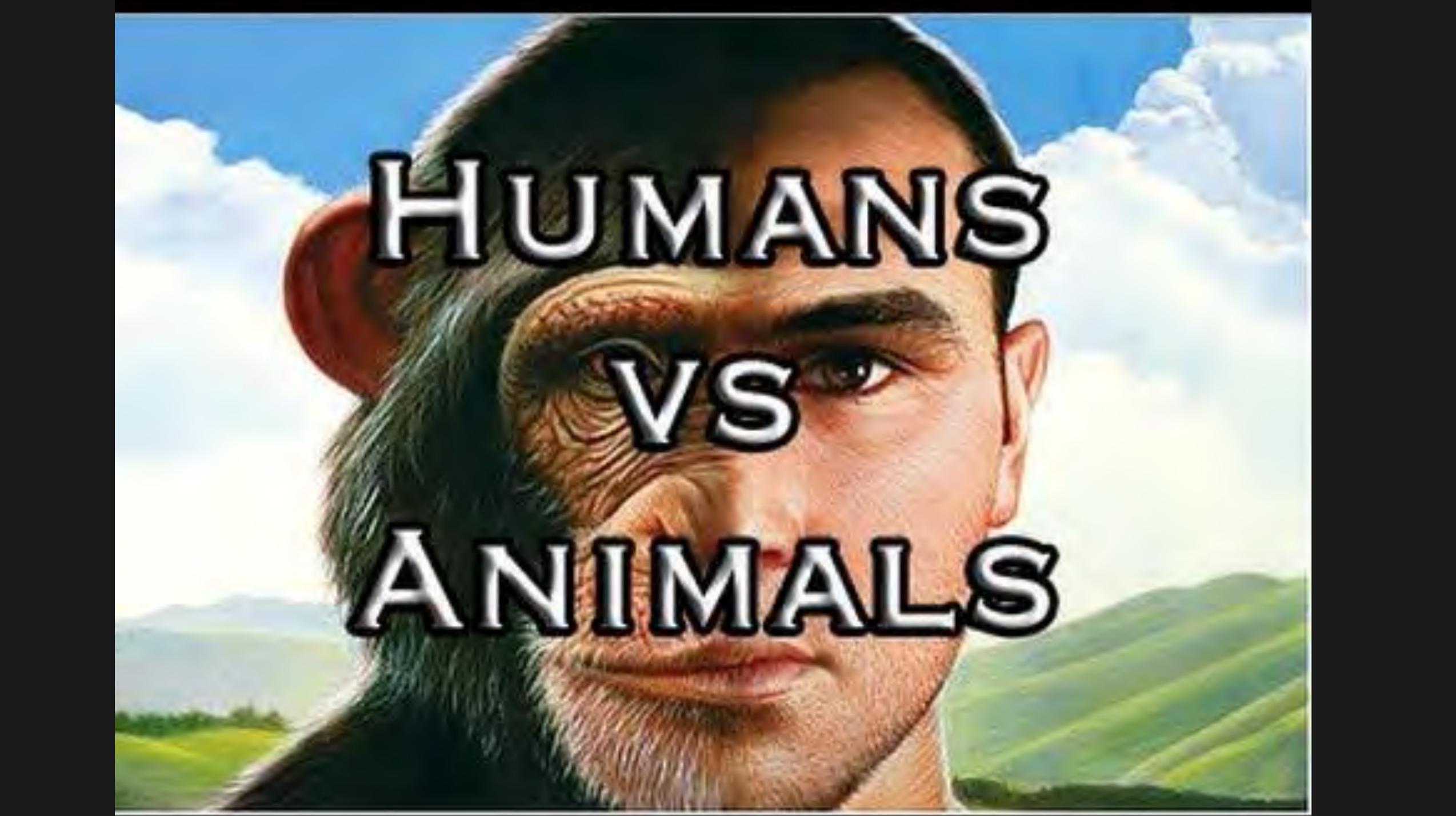
2014

# Recent Literature

- Nettleton JA, von Schacky C, Brouwer IA, Koletzko B. **International Society for the Study of Fatty Acids and Lipids 2016 Debate: For Science-Based Dietary Guidelines on Fats, Meta-Analysis and Systematic Reviews Are Decisive.** *Ann Nutr Metab.* 2017 Jul 4;71(1-2):26-30.
- Briggs MA, Petersen KS, Kris-Etherton PM. **Saturated Fatty Acids and Cardiovascular Disease: Replacements for Saturated Fat to Reduce Cardiovascular Risk.** *Healthcare (Basel).* 2017 Jun 21;5(2). pii: E29.
- Gressier M, Privet L, Mathias KC, Vlassopoulos A, Vieux F, Masset G. **Modeled dietary impact of industry-wide food and beverage reformulations in the United States and France.** *Am J Clin Nutr.* 2017 Jul;106(1):225-232.
- de Souza RJ, Mente A, Maroleanu A, Cozma AI, Ha V, Kishibe T, Uleryk E, Budyłowski P, Schönemann H, Beyene J, Anand SS. **Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies.** *BMJ.* 2015 Aug 11;351:h3978.
- Adriouch S, Lelong H, Kesse-Guyot E, Baudry J, Lampuré A, Galan P, Hercberg S, Touvier M, Fezeu LK . **Compliance with Nutritional and Lifestyle Recommendations in 13,000 Patients with a Cardiometabolic Disease from the Nutrinet-Santé Study.** *Nutrients.* 2017 May 26;9(6). pii: E546.

# Challenges We Have With Research

- Correlation vs. Causation
- Duration
- Data Collected (inclusion/exclusion)
- Subjects (#, **gender**, age span)
- Adherence
- Testing method(s)
- Physical activity taken into account (or other lifestyle factors)
- Generalizability

A composite image showing the face of a chimpanzee on the left and a human face on the right, with the chimpanzee's face appearing to be a mask or overlay on the human's. The background is a bright, sunny landscape with green hills and a blue sky with white clouds. The text 'HUMANS VS ANIMALS' is overlaid in the center in a bold, white, sans-serif font with a black outline.

**HUMANS**

**VS**

**ANIMALS**



# Focus Remains on Individuality

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- Lifestyle (sum of habits and behaviors)
  - Food Intake
  - Physical activity
  - Stress Management
  - Sleep
  - Smoking
- Genetics
- Environmental Factors

# World Health Organization

## Healthy Diet Fact Sheet N° 394 (Sept 2015)

- A **healthy diet helps protect** against malnutrition in all its forms, as well as noncommunicable diseases (NCDs), including diabetes, heart disease, stroke and cancer.
- **Unhealthy diet and lack of physical activity are leading global risks to health.**
- Healthy dietary **practices start early in life** – breastfeeding fosters healthy growth and improves cognitive development, and may have longer-term health benefits, like reducing the risk of becoming overweight or obese and developing NCDs later in life.
- **Energy intake** (calories) should be in **balance** with **energy expenditure**. Evidence indicates that total fat should not exceed 30% of total energy intake to avoid unhealthy weight gain (1, 2, 3), with a shift in fat consumption away from saturated fats to unsaturated fats (3), and towards the elimination of industrial trans fats (4).
- **Limiting** intake of free **sugars** to less than 10% of total energy intake (2, 5) is part of a healthy diet. A further reduction to less than 5% of total energy intake is suggested for additional health benefits (5).
- Keeping **salt** intake to **less than** 5 g per day helps prevent hypertension and reduces the risk of heart disease and stroke in the adult population (6).
- WHO Member States have agreed to **reduce the global population's intake of salt** by 30% and **halt the rise in diabetes and obesity** in adults and adolescents as well as in childhood overweight by 2025

# 2015-2020 US Dietary Guidelines

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. **Support healthy eating patterns for all** Everyone has a role in helping to create and

# American Heart Association Guidelines for Fats

For adults who would benefit from lowering their LDL cholesterol, the American Heart Association recommends:

- **Reducing** saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day that's about 11 to 13 grams of saturated fat.
- **Reducing** the percent of calories from *trans* fat.
- It's easier to gauge how much healthy and unhealthy food you are eating by using a food diary to [keep track of what you eat](#) for a period of time.

# American Heart Association

## Guidelines for Fats (cont'd)

### How to eat less saturated and *trans* fats

The American Heart Association recommends that adults who would benefit from lowering LDL cholesterol reduce their intake of trans fat and limit their consumption of saturated fat to 5 to 6 percent of total calories. Here are some ways to do that:

- Eat a dietary pattern that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Also limit red meat and sugary foods and beverages.
- Use naturally occurring unhydrogenated vegetable oils such as canola, safflower, sunflower or olive oil most often.
- Look for processed foods made with unhydrogenated oil rather than partially hydrogenated or hydrogenated vegetable oils or saturated fat.
- Use soft margarine as a substitute for butter, and choose soft margarines (liquid or tub varieties) over harder stick forms. Look for “0 g trans fat” on the Nutrition Facts label.
- Doughnuts, cookies, crackers, muffins, pies and cakes are examples of foods high in trans fat. Don't eat them often.
- Limit commercially fried foods and baked goods made with shortening or partially hydrogenated vegetable oils. These foods very high in fat, and it's likely to be trans at.
- Limit fried fast food. Commercial shortening and deep-frying fats are still made by hydrogenation and contain saturated fat and trans fat.

## Dietary Fat

Fatty acid content normalized to 100 percent



\* Trace

### Saturated Fat



### Monounsaturated Fat



**Oleic acid**  
(an Omega-9  
fatty acid)

### Polyunsaturated Fat



**Alpha-linolenic acid**  
(an Omega-3  
fatty acid)



**Linoleic acid**  
(an Omega-6  
fatty acid)

# Popularity of Tropical Oils



# All Saturated Fats are NOT the Same

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- My clinical observation: the source of excess saturated fat is of animal origin.
- We'll see how data emerges over time with the increased availability of tropical oils and health outcomes (again, correlation)
- It is challenging to give out recommendations that people will understand (ie, asking patients/consumers to become their own nutrition experts).

# Are Consumers Eating Food or Reading Labels?





What can you say?

All foods (and oils) can fit in *moderation*

# Focus on the Positive or Affirmative Messaging

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- Tell people what they CAN EAT vs. NOT eat
- Portions
- Moderation
- Understanding benefits of eating food closer to the way its found in nature
- Do not DEMONIZE food
- Focus on lifestyle factors (food, physical activity, sleep, stress, etc.)
- Personal responsibility/accountability for CHOICES

# Health Outcomes Are More Than Lab Values

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- How one feels
- How one thinks they look
- Sleep improvement
- Improved bowel function
- Energy
- Stress Management (hopefully reduction)
- Self-Efficacy
- Positivity vs. Negativity

THANK YOU

