

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:
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Part 5 What's Wrong with Our Diet

Chapter 18 **FAT PHOBIA**

Questions

1. What 2 *false assumptions* did Dr. Ancel Keys make about the Mediterranean Diet and heart disease?

pp. 202 and 205

2. What conclusions did Dr. Keys draw from the Seven Countries Study based on these assumptions?

pp. 201-202

3. How can we learn from long-term studies, like the Seven Countries Study, which provides hard-to-get, valuable information but proves *correlation* and not causation?

pp. 203-204

4. How does the body's *inflammatory response* relate to heart disease?

p. 203

5. Describe the body's process of manufacturing *cholesterol* and its uses.

p. 203

6. Discuss how *Omega-6 and Omega-3* polyunsaturated fatty acids affect our health.

pp. 205-206

7. What are the recent findings about the diet-heart hypothesis?

pp. 203-208

8. What are *Trans Fats* and what was the result of the Dutch research study on their effects on cholesterol?

pp. 209-210

9. What were the results of studies of *saturated fat intake* on heart disease and stroke?

pp. 210-211

10. What is the *consistent evidence* regarding saturated fat and obesity?

pp. 211-212