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Enjoy easier mobile browsing, a safer, more productive, and. Food alone can be fuel but not that much of it should matter when it comes to cardiovascular disease, according to a new study at Johns Hopkins University. A low-fat diet packed with fruits, vegetables, and whole grains can be as healthful as a diet high in vegetables, fruits, and whole grains when it comes to the risk of heart disease, researchers found. The results also show that low-fat dieters may be particularly at risk for metabolic syndrome—a cluster of risk factors linked to heart disease—whereas high-fat dieters are protected. "Our conclusion is that people need not be scared away from a low-fat diet and that it may be as healthful as a healthy diet," said the lead investigator of the study, Dr. William Kim, an assistant professor of pediatrics at Johns Hopkins University School of Medicine. The study is published in the Sept. 10 issue of the journal *Circulation: Journal of the American Heart Association*. The study results are based on data from 38 different trials involving 46,957

participants from multiple racial and ethnic groups. The researchers found that fat intake, not saturated fat specifically, is a key factor in the risk of heart disease, even though a typical low-fat diet has been linked to decreased levels of saturated fat, which is known to raise cholesterol. When the trials reviewed examined specific types of fats and how they are linked to cardiovascular disease, they found three types of fats: omega-3 fatty acids, saturated fats, and trans-fatty acids. The data from the trials showed that the type of fat does not have to be a single ingredient to affect disease risk; it can come from any number of sources, for example, nuts, whole milk, or other dairy. The review revealed that diets high in omega-3 fatty acids, an essential nutrient for heart health, are associated with a reduced risk of heart disease. Furthermore, there was no additional benefit in heart disease risk for diets high in saturated fats or diets high in trans-fatty acids. "We found no significant risk reduction in atherosclerosis in people who had diets high in omega-3 fatty acids," Kim said. "There may be other reasons why saturated and trans-fats can lower risk, such as inflammation or the

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