



# DALLAS AQUATIC MASTERS

*Fun, Fitness and Competition*

## The Questionable Benefit of the Low Fat Diet

DAM Monday July 8, 2002

We've all heard the healthiest diet is Low Fat. A recent article published in the Journal Science called into question the supposedly sound advice we've been hearing for the past thirty or so years.

Dr. Gary Taubes wrote the evidence supporting a low fat diet is lacking, in fact Taubes says there is little or no evidence to support the recommendations of the low fat diet. Dr. Taubes cites four multi-million dollar studies that suggest people who shun dietary fat for a lifetime can expect to live about two weeks longer than their fat-eating brethren. You read that right two whole weeks. I don't know about you but no fat in my diet and gain two extra weeks what a deal.

Of course some of you have been brain washed into the no fat myth, and you are certain it's the only way to live. Besides you want those extra two weeks to enjoy the BetaMax VCR you purchased.

And for those of you who worry about the Red Eye Breakfast, don't, enjoy a couple of brats. What's two weeks?

According to Taubes we've been compelled to eat low fat by political groups and a few radical scientists, do the names Ornish or Pritikin ring any bells?

So what appears to be the healthiest diet? One that is made up of fruits, vegetables, a few grains, high in monounsaturated fat, and is protein adequate, with the majority of the protein coming from fish and lean meats. Does this way of eating sound familiar? If yes you've been sleeping in class.

Enjoy a really high fat meal once in awhile and don't feel guilty.

See you at the pool.

Bobby