

### Linoleic Acids from Seed Oils Increase Obesity, Insulin Resistance, and Diabetes Risk

#### QUOTE BOARD

“A significant change in the Western diet, concurrent with the obesity epidemic, was a substitution of saturated fatty acids with polyunsaturated, specifically linoleic acid (LA) – [and the addition of high-fructose corn syrup].”

“Total fat intake was not greatly changed during the 20th century, and any change in total fat was dwarfed by the increase in PUFA (primarily LA) at the expense of SFA and oleic acid.”

“The objective of this study was to determine the obesogenic potency of LA vs. saturated fatty acids, and the involvement of hypothalamic inflammation.”

“These data indicate that in male mice, LA induces obesity and insulin resistance, and reduces activity, more than saturated fat, supporting the hypothesis that increased LA intake may be a contributor to the obesity epidemic.”

#### WHAT YOU NEED TO KNOW

It is important to note that during the past two decades, the period which has seen both obesity and diabetes become pandemic, there has been no significant increase in caloric intake or significant decrease in physical activity/caloric expenditure.

However, during this same period, there have been 2 very significant changes to the Industrial Diet – 1) the increase in omega-6/linoleic fat intake from seed oils (safflower, sunflower seed, corn, canola, cottonseed, soybean oils) vs saturated fat intake from animal fat. 2) the increase in high-fructose corn syrup vs sucrose (more on high-fructose corn syrup in a later newsletter).

Seed oils, many of which are chemically altered through a process called hydrogenation, are completely unnatural for humans and are much more industrial products than food – they are toxic. Seed oils cause weight gain, insulin resistance, and inflammation – the three pillars of virtually all chronic illness including cancer, diabetes, heart disease, digestive issues, emotional issues etc.

#### WHAT YOU NEED TO DO

You need to avoid seed oils – they are in virtually every salad dressing, deep fryer in restaurants, commercial fryers for potato and corn chips etc. AVOID THEM!! Eat more real fat from eggs and meat and butter and olive oil and coconut oil and you will lose weight, reduce your blood sugar, have more energy, get healthier, and feel and look better.

For more information on how to identify and make healthy lifestyle choices please visit [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com).

**Mamounis et al. Linoleic acid causes greater weight gain than saturated fat without hypothalamic inflammation in the male mouse. *Nutr Biochem.* 2017 February; 40: 122–131.**