

## References for The Politics of Fat and Food

University of Alberta researcher Flora Wang found that a diet with enriched levels of trans vaccenic acid (VA) -- a natural animal fat found in dairy and beef products -- can reduce risk factors associated with heart disease, diabetes and obesity:

<https://www.sciencedaily.com/releases/2008/04/080402152140.htm>

22 year study of people aged 65 or older. Over the course of the study, 2,428 people died. Deaths attributed to heart disease numbered 833. The people in this study that had high circulating levels of dairy-related fatty acids were less likely to die from heart disease than people with lower levels:

<https://www.healthline.com/health-news/full-fat-dairy-better-for-you-than-skim#1>

<https://www.healthline.com/nutrition/5-studies-on-saturated-fat>

Death by Food Pyramid: How Shoddy Science, Sketchy Politics and Shady Special Interests Have Ruined Our Health by Denise Minger

<https://www.healthline.com/nutrition/grass-fed-vs-grain-fed>

<https://www.health.com/nutrition/grass-fed-beef-tips#:~:text=First%20things%20first%2C%20grass%2Dfed,immunity%20and%20anti%2Dinflammation%20benefits.https://www.healthline.com/nutrition/conjugated-linoleic-acid#bottom-line>

<https://www.healthline.com/nutrition/conjugated-linoleic-acid#bottom-line>

Saturated Fats Versus Polyunsaturated Fats Versus Carbohydrates for Cardiovascular Disease Prevention and Treatment: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744652/Saturated fat, carbohydrate, and cardiovascular disease](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744652/Saturated%20fat,%20carbohydrate,%20and%20cardiovascular%20disease) <https://pubmed.ncbi.nlm.nih.gov/20089734/>

Association of dietary nutrients with blood lipids and blood pressure in 18 countries: a cross-sectional analysis from the PURE study: <https://pubmed.ncbi.nlm.nih.gov/2886414>