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World Review of Nutrition and Dietetics, Vol. 100
A Balanced Omega-6/Omega-3 Fatty Acid Ratio, Cholesterol and Coronary Heart Disease
Editors: Simopoulos, A.P. (Washington, D.C.); De Meester, F. (Waterloo)
XVI + 126 p., 19 fig., 25 tab., hard cover, 2009
CHF 156.- / EUR 111.50 / USD 156.00
ISBN 978-3-8055-9224-6
e-ISBN 978-3-8055-9225-3

Prices subject to change
EUR price for Germany, USD price for USA only

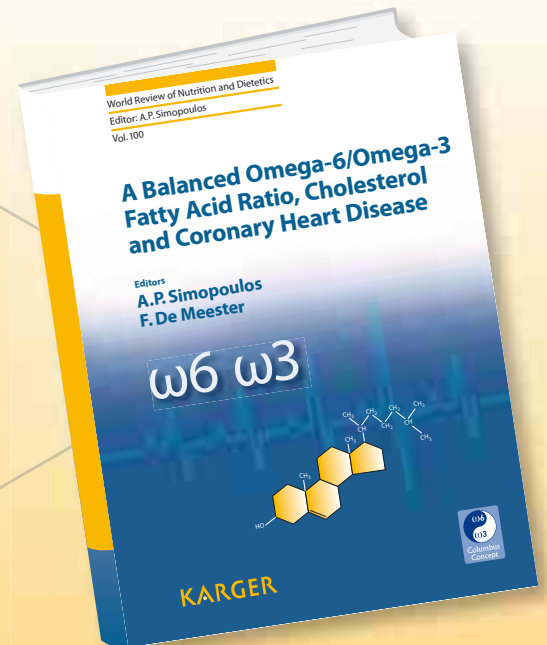
Fields of Interest: Nutrition; Cardiovascular System; Clinical Nutrition, Metabolism, Evolutionary Biology

Challenging the role of dietary cholesterol

A Balanced Omega-6/Omega-3 Fatty Acid Ratio, Cholesterol and Coronary Heart Disease

Editors

**Artemis P. Simopoulos
Fabien De Meester**



For more than half a century, the relationship between dietary factors and coronary heart disease (CHD) has been a major focus of health research. Contrary to the established view, current data suggest that dietary cholesterol is not a primary factor of or causes heart disease – with the possible exception of the genetic forms of familial hypercholesterolemias. For instance, recent clinical trials evaluating the effect of cholesterol-lowering drugs on the development of chronic heart failure, diabetes and stroke have yielded disappointing results. On the other hand, an unbalanced omega-6/omega-3 fatty acid ratio and a cholesterol intake not consistent with the amount during evolution seem to be causal factors in the development of CHD.

A panel of international experts in genetics, nutrition, fatty acid, cholesterol, metabolism and coronary heart disease has contributed to this publication, summarizing and critically discussing for the first time the importance of evolutionary aspects of diet, the omega-6/omega-3 fatty acid ratio and cholesterol intake relative to health and CHD. They also propose measuring blood fatty acids in the population in order to define the risk of CHD and other chronic diseases.

This book will be of interest to physicians (cardiologists, gerontologists, and pediatricians), nutritionists, dieticians, health care providers, scientists in industry and government and policy makers.

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