

2nd International Conference and Expo on

Lipids: Metabolism, Nutrition & Health

October 03-05, 2016 Orlando, USA



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What does dietary fat really mean for human health?

Dietary lipid has long been considered a risk factor for Western diseases in humans, like certain cancers and cardiovascular diseases. Furthermore, saturated fats, commonly associated with animal-based foods, are of more concern than unsaturated fats, commonly associated with plant-based foods. Dietary cholesterol, exclusively found in animal-based foods, also has long been considered a cause of heart disease. Almost certainly, this is an oversimplification and a source of great confusion and debate. People who promote plant based diets attempt to substantially reduce and even avoid saturated fat and cholesterol consumption whereas people who use animal based foods generally remain unconcerned and even defend the consumption of diets high in saturated fats and cholesterol. About a century ago, for example, a series of experimental animal (rabbit) studies showed that cholesterol consumption was not a significant cause either of increased blood cholesterol and early atherogenesis. Diets rich in animal protein were much more significant causes of these diseases. Additionally, the type and level of dietary fat and protein are important considerations and these will be discussed.

Biography

T Colin Campbell has been at the Forefront of Nutrition Research for more than 40 years. His legacy, the China Project, is the most comprehensive study of Health and Nutrition ever conducted. He is a Professor at the Cornell University and is the most well-known for co-authoring the bestselling book "*The China Study*". He is the Founder of the T Colin Campbell Center for Nutrition Studies and the online internationally-recognized Plant-Based Nutrition Certificate offered by the T Colin Campbell Center for Nutrition Studies in partnership with eCornell. He currently serves as the Chairman of the Board. He has served on several grant review panels of multiple funding agencies and has authored over 300 research papers. He presently holds his Endowed Chair as the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry in the Division of Nutritional Sciences. Since the publication of "*The China Study*" in 2005, he has given more than 600 lectures in the US and abroad.

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