

## **Benefits of Fats in Diet on Health of Patients Suffering from TYPE 2 Diabetes (NIDDM)**

**Analava Mitra\*, D. Bhattacharya\*\* and S. Roy\***

*\* B.C. Roy Technology Hospital \*\*Chemical Engineering Department,  
B.C. Roy Technology Hospital, Indian Institute of Technology, Kharagpur 721302,  
West Bengal, India  
E-mail: amitra@adm.iitkgp.ernet.in*

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**ABSTRACT** Fats, particularly saturated fats, are always considered to be health hazard due to its link with cholesterol level in blood, as evidenced by Framingham study. Raheja observed that in mid seventies of the past century Indians developed a strong belief that cholesterol in blood was the main offender leading to heart diseases latter on and changed the dietary patterns, particularly oil medium to poly unsaturated fatty acids rich oils like sunflower oil or safflower oil etc. taking these as cholesterol reducers. Different workers reported that optimum quantities of different groups of fats are essential for maintenance of health. It was found that the quality of fats and the life style patterns were most important in causing the diseases particularly type 2 diabetes mellitus and other related diseases like hypertension, coronary heart disease, dyslipidaemia, obesity. The paper shows the importance of lifestyle patterns in rural Bengalese in causing the disease and observed that their dietary fat intake was not detrimental to health of diabetics.