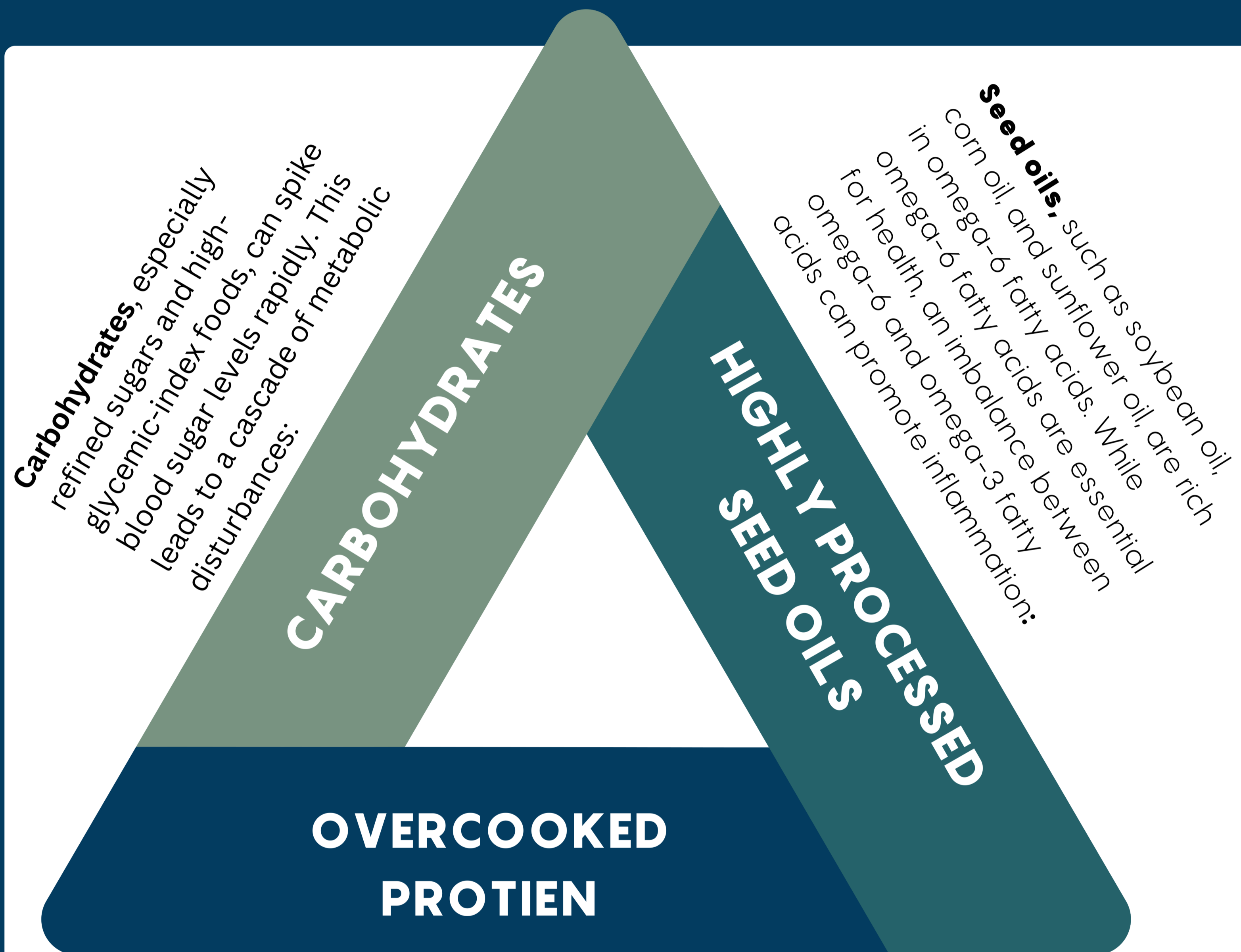


devil's triangle

CARBOHYDRATES, SEED OILS, AND CERTAIN PROTEINS CONTRIBUTING TO INFLAMMATION AND PLAQUE BUILDUP, PARTICULARLY IN PEOPLE WHO CANNOT CLEAR BLOOD SUGAR EFFECTIVELY



Advanced Glycation End Products (AGEs): Cooking methods like **burning, grilling and frying meat** at high temperatures produce AGEs, which promote inflammation and oxidative stress.

<https://aihealthinsight.org/>

Overly processed foods.

**Avoid overly
processed
carbohydrates, like
high fructose corn
syrup found in snacks,
as they are essentially
sugars (glucose and
fructose).**

Overly processed foods.

Fried meat (dietary protein) things like burnt meat, overly burnt barbecue (BBQ), or fried chicken.

**Overly processed
foods.**

**Nasty oils made
from some process
that takes a non-oil
base plant and
makes oils.**

Combined Impact: The Devil's Triangle

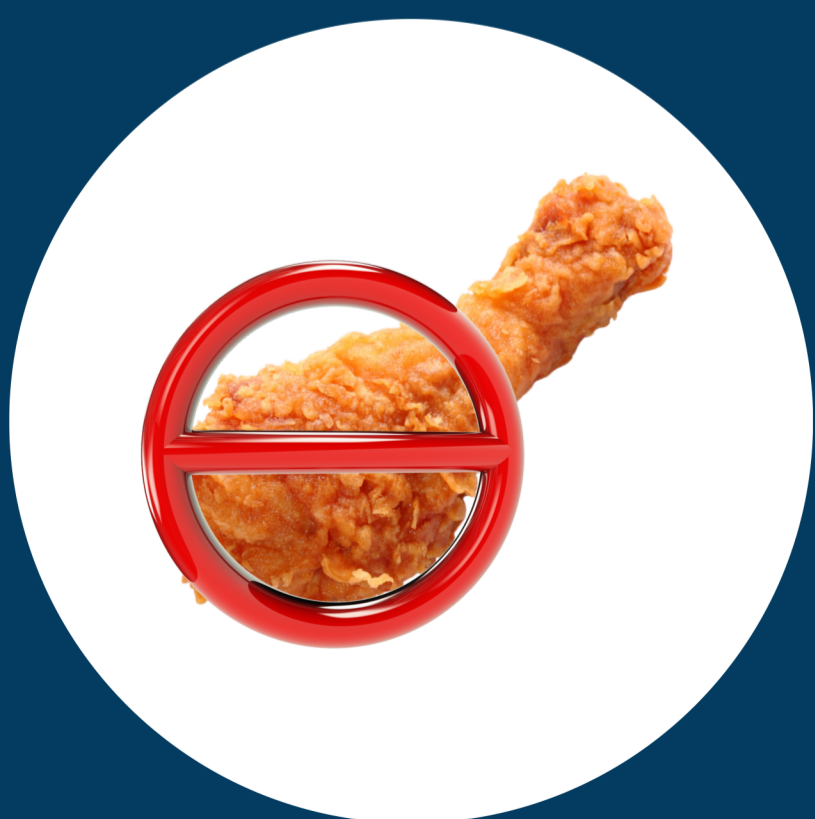
When these three factors converge in a diet, the result can be a synergistic effect that exacerbates inflammation and promotes the development of atherosclerosis. This is particularly problematic for individuals who cannot effectively clear blood sugar, as their metabolic state amplifies the inflammatory response and plaque formation.

Preventive Strategies



Moderate to low Carbohydrate Intake: Focus on low-glycemic-index carbohydrates like vegetables, legumes, and whole grains to maintain stable blood sugar levels.

Healthy Fats: Replace seed oils with healthier fat options such as olive oil, coconut oil, avocado oil, and sources of omega-3 fatty acids like flaxseeds, chia seeds, and fatty fish.



Balanced Protein Sources: Opt for meats and proteins, plant-based proteins, and incorporate methods of cooking that reduce the formation of AGEs, such as steaming or baking.