

Question : What is the French Paradox?

Answer : The French Paradox was a theory postulated by Dr. Renaud from France. We know that a high intake of saturated fat is positively related to high mortality from coronary heart disease (CHD). However, in France, there is high intake of saturated fat but low mortality from CHD. "The French paradox for CHD may be due to high consumption of wine." This theory has been debated ever since it was popularized on "60 Minutes". S Renaud, M deLorgeril. Wine, alcohol, platelets, and the French paradox for coronary heart disease. *Lancet*, 1992;339:1523-6.

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