So you’ve just finished your high fat dinner of a hamburger, cheese pizza or chicken…

What’s next?

**Immediately . . .**
- Your triglyceride levels, a measurement of fat in your bloodstream, are rising.
- Your cholesterol levels are increasing, contributing to plaque formation.
- Clotting factors in your blood have been activated.

**Two hours later . . .**
- Your triglycerides have increased by 60 percent.
- Your blood flow has decreased by half.

**Three hours later . . .**
- The lining of your arteries has lost elasticity impeding blood flow.
- Blood vessel function has become abnormal.

**Four hours later . . .**
- Your blood has gotten thicker, flowing even slower than it was 2 hours ago.

**Five hours later . . .**
- Your triglyceride levels have now increased by 150 percent.

**Six hours later . . .**
- The anti-inflammatory effect of “good” cholesterol has been significantly compromised.

**Consumption of high-fat foods over days, weeks, months, years . . .**
- Saturated fat in your diet has promoted the continuous buildup of plaque in your arteries, reducing blood flow even further.
- Decreased blood flow leads to decreased oxygen supply, which can lead to a heart attack.
- You are in danger of developing fatty liver disease.

---

**References**


