**Mayo Clinic Minute**

**Why eating too many fried foods could lead to early death**

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<td>As many as 1 in 3 Americans eats fast food at least once a day, and most of those fast food meals include fried foods.</td>
<td>Research has linked higher consumption of fried foods to Type 2 diabetes and heart problems, but studies also show eating fried foods every day could shorten your life.</td>
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**DR. STEPHEN KOPECKY 01:**  
“If you look at how long we’ve been on this earth, we didn’t used to eat a lot of fried foods because we couldn’t heat things up that much.”

00:06:46  
**STEPHEN KOPECKY, M.D. CARDIOVASCULAR DISEASE Mayo Clinic**  
“Dr. Stephen Kopecky, a Mayo Clinic cardiologist, says our bodies simply did not evolve to know how to process fried foods.”

He compares it to using a fuel in your car that it wasn’t designed to run on.

Research shows eating fried chicken or fried fish on a daily basis increased the risk of death in women over 50 by as much as 13 percent.

Dr. Kopecky says the effects could be similar across all populations.

He says the problem isn’t the chicken or the fish.

He says foods cooked in healthier oils like olive oil will still taste good but won’t damage your body.

For the Mayo Clinic News Network, I’m Ian Roth.