

Healthy Fats

Healthy fats need to be an essential part of your daily diet. The three classes of healthy fats you need to become familiar with are Monounsaturated, Polyunsaturated, and Omega -3. You need HF for nerve activity, vitamin absorption, immune system function, and healthy cells. The Omega-3's lower cholesterol in blood, reduce inflammation, stimulate metabolism, and reduce cancer risks.

Monounsaturated fats and polyunsaturated fats are known as the “good fats” because they are good for your heart, your cholesterol, and your overall health.

GOOD FATS

Monounsaturated fat

Polyunsaturated fat

- Olive oil
- Canola oil
- Sunflower oil
- Peanut oil
- Sesame oil
- Avocados
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Peanut butter
- Soybean oil
- Corn oil
- Safflower oil
- Walnuts
- Sunflower, sesame, and pumpkin seeds

Flaxseed

- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Soymilk
- Tofu

Some more HF

- Walnuts
- Cashew butter put on rice cakes
- Hummus for dipping veggies
- Pine nuts
- Pesto sauce to replace heavy sauces
- Cod Liver Oil (pill form) or fish oil
- Grape seed oil for dressing
- Hemp oil for dressing
- Hazel Nuts

A little more great info on Omega -3

Omega-3 fatty acids: Superfats for the brain and heart

Omega-3 fatty acids are a type of polyunsaturated fat. While all types of monounsaturated and polyunsaturated fats are good for you, omega-3 fats are proving to be especially beneficial.

We're still learning about the many benefits of omega-3 fatty acids, but research has shown that they can:

- Prevent and reduce the symptoms of depression
- Protect against memory loss and dementia
- Reduce the risk of heart disease, stroke, and cancer
- Ease arthritis, joint pain, and inflammatory skin conditions
- Support a healthy pregnancy

Omega-3 fatty acids and mental health

Omega-3 fatty acids are highly concentrated in the brain. Research indicates that they play a vital role in cognitive function (memory, problem-solving abilities, etc.) as well as emotional health.

Getting more omega-3 fatty acids in your diet can help you battle fatigue, sharpen your memory, and balance your mood. Studies have shown that omega-3s can be helpful in the treatment of depression, attention deficit/hyperactivity disorder (ADHD), and bipolar disorder.

There are several different types of omega-3 fatty acids:

- **EPA and DHA** – Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have the most research to back up their health benefits. Both are found in abundance in cold-water fatty fish.
- **ALA** – Alpha-linolenic acid (ALA) comes from plants. Studies suggest that it's a less potent form of omega-3 than EPA and DHA. The best sources include flaxseed, walnuts, and canola oil.

Fish: The best food source of omega-3 fatty acids

Omega-3 fats are a type of essential fatty acid, meaning they are essential to health, but your body can't make them. You can only get omega-3 fats from food.

The best sources are fatty fish such as salmon, herring, mackerel, anchovies, or sardines, or high-quality cold-water fish oil supplements. Canned albacore tuna and lake trout can also be good sources, depending on how the fish were raised and processed.

Some people avoid seafood because they worry about mercury or other possible toxins in fish. However, most experts agree that the benefits of eating two servings a week of these cold-water fatty fish outweigh the risks.

If you're a vegetarian or you don't like fish, you can still get your omega-3 fix by eating algae (which is high in DHA) or taking a fish oil or algae supplement.

Choosing the best omega-3 supplement

With so many omega-3 and fish oil supplements and fortified foods, making the right choice can be tricky. These guidelines can help.

- **Avoid products that don't list the source of their omega-3s.** Does the package list the source of omega-3 fatty acids? If not, chances are it's ALA (sometimes from plain old canola or soybean oil), which most Westerners already get plenty of.
- **Don't fall for fortified foods.** Many fortified foods (such as margarine, eggs, and milk) claim to be high in omega-3 fatty acids, but often, the real amount of omega-3 is miniscule.
- **Look for the total amount of EPA and DHA on the label.** The bottle may say 1,000 milligrams of fish oil, but it's the amount of omega-3 that matters. Read the small print. It may show only 300 mg of EPA and DHA (sometimes listed as "omega-3 fatty acids"), which means you'd have to take three capsules to get close to 1,000 milligrams of omega-3.
- **Choose supplements that are mercury-free, pharmaceutical grade and molecularly distilled.** Make sure the supplement contains both DHA and EPA. They may be hard to find, but supplements with higher concentrations of EPA are better.

Fish oil supplements can cause stomach upset and belching, especially when you first start taking them. To reduce these side effects, take them with food. You may also want to start with a low dose and gradually increase it, or divide the dose among your three meals. You may also want to put your fish oil in the freezer to eliminate the "fish burp" taste!

Lets talk about these Bad Fats, Saturated and Trans.

Saturated fats and trans fats are known as the “**bad fats**” because they increase your risk of disease and elevate cholesterol.

Appearance-wise, saturated fats and trans fats tend to be solid at room temperature (think of butter or traditional stick margarine), while monounsaturated and polyunsaturated fats tend to be liquid (think of olive or corn oil).

BAD FATS

Saturated fat

Trans fat

- High-fat cuts of meat (beef, lamb, pork)
- Chicken with the skin
- Whole-fat dairy products (milk and cream)
- Butter
- Cheese
- Ice cream
- Palm and coconut oil
- Lard
- Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

Saturated fats: Reduce this bad fat

When focusing on healthy fats, a good place to start is reducing your consumption of saturated fats. Saturated fats are mainly found in animal products such as red meat and whole milk dairy products. Poultry and fish also contain saturated fat, but less than red meat. Other sources of saturated fat include tropical vegetable oils such as coconut oil and palm oil.

Simple ways to reduce saturated fat

- Eat less red meat (beef, pork, or lamb) and more fish and chicken

- Go for lean cuts of meat, and stick to white meat, which has less saturated fat.
- Bake, broil, or grill instead of frying.
- Remove the skin from chicken and trim as much fat off of meat as possible before cooking.
- Avoid breaded meats and vegetables and deep-fried foods.
- Choose low-fat milk and lower-fat cheeses like mozzarella whenever possible; enjoy full-fat dairy in moderation.
- Use liquid vegetable oils such as olive oil or canola oil instead of lard, shortening, or butter.
- Avoid cream and cheese sauces, or have them served on the side.

Sources of Saturated Fats

Healthier Options

Butter

Olive oil

Cheese

Low-fat or reduced-fat cheese

Red meat

White meat chicken or turkey

Cream

Low-fat milk or fat-free creamer

Eggs

Egg whites, an egg substitute (e.g. Eggbeaters), or tofu

Ice cream

Frozen yogurt or reduced fat ice cream

Whole milk

Skim or 1% milk

Sour cream

Plain, non-fat yogurt

Eliminate trans fats from your diet

A trans fat is a normal fat molecule that has been twisted and deformed during a process called *hydrogenation*. During this process, liquid vegetable oil is heated and combined with hydrogen

gas. Partially hydrogenating vegetable oils makes them more stable and less likely to spoil, which is very good for food manufacturers—and very bad for you.

No amount of trans fats is healthy. Trans fats contribute to major health problems, from heart disease to cancer.

Sources of trans fats

Many people think of margarine when they picture trans fats, and it's true that some margarines are loaded with them. However, the primary source of trans fats in the Western diet comes from commercially-prepared baked goods and snack foods:

- **Baked goods** – cookies, crackers, cakes, muffins, pie crusts, pizza dough, and some breads like hamburger buns
- **Fried foods** – doughnuts, French fries, fried chicken, chicken nuggets, and hard taco shells
- **Snack foods** – potato, corn, and tortilla chips; candy; packaged or microwave popcorn
- **Solid fats** – stick margarine and semi-solid vegetable shortening
- **Pre-mixed products** – cake mix, pancake mix, and chocolate drink mix

Be a trans fat detective

- When shopping, read the labels and watch out for “partially hydrogenated oil” in the ingredients. Even if the food claims to be trans fat free, this ingredient makes it suspect.
- With margarine, choose the soft-tub versions, and make sure the product has zero grams of trans fat and no partially hydrogenated oils.
- When eating out, put fried foods, biscuits, and other baked goods on your “skip” list. Avoid these products unless you know that the restaurant has eliminated trans fat.
- Avoid fast food. Most states have no labeling regulations for fast food, and it can even be advertised as cholesterol-free when cooked in vegetable oil.
- When eating out, ask your server or counter person what type of oil your food will be cooked in. If it's partially hydrogenated oil, run the other way or ask if your food can be prepared using olive oil, which most restaurants have in stock.

In summary, healthy fats are critical to health. Your ultimate goal is to increase metabolic function, and healthy fats will help achieve this.