



WHAT ARE “THE GOOD FATS”?

Let me begin by letting you know some very important, often considered counterintuitive, information regarding healthy nutrition and dieting. **FATS ARE GOOD!** When considering a diet to lose weight it is essential that you take into consideration eating enough natural, wholesome fat. This is a valuable component in maintaining overall excellent health. Fat, just like protein and carbohydrates, is one of the key substrates our body uses as fuel for energy. Fat is also a component of every cell throughout your body. When you eat an excellent amount of natural wholesome fat, the cells in your body can function normally. When you eat heavily processed, man-made, chemically altered fats that are found in processed foods, the cells of your body will begin to function poorly as the damaged fats you are eating become part of your cell membranes, your body then has to work harder in order to work correctly, and chronic ailment can develop. Your body will also begin storing this fat as a natural reaction to a substance that it contains in excess, causing unwanted weight gain. Wholesome fats are also crucial for optimal hormone production and in keeping hormone balance throughout your body. Fats can also play a pivotal role in the fat burning and muscle building processes. A few more of the roles fat plays include aiding vitamin and mineral use, and the regulation of enzymes and energy. Without healthy fats our body wouldn't be able to function properly and will naturally resort to storing more fats to be used at later times. So, now you are wondering what are these wholesome, healthy, natural fats?



Great High Fat Food Choices:

- **Nuts & Seeds** (walnuts, almonds, peanuts, cashews, macadamias, sesame seeds, sunflower seeds, pumpkin seeds etc.): Nuts are a fantastic source of wholesome unprocessed fats, minerals and other trace nutrients important to your body. Macadamias, almonds, and cashews are excellent sources of monounsaturated fats, while walnuts are an excellent source of omega-3's. Always try to avoid nuts that are cooked in oil. Instead, choose raw where possible and hold the salt.
- **Coconut fat:** Coconut fat is approximately 92% saturated fat, yet surprisingly to most people, is considered a very wholesome natural fat. The health benefits of coconut fat lie in its composition of approximately 65% medium chain triglycerides (MCTs). Specifically, about 50% of coconut fat is a MCT called lauric acid, which has very potent anti-microbial properties helping to enhance the immune system. In addition, MCTs are more easily utilized for immediate energy instead of being stored as body fat. Coconut oil is also an excellent cooking oil for stir-frying, since saturated fats are much more stable and do not oxidize like polyunsaturated oils when exposed to heat and light.
- **Avocados or guacamole:** The fat in avocados is approximately 60% monounsaturated, 25% saturated, and 15% polyunsaturated. Avocados are a very wholesome natural food that provides many nutrients, fiber, and healthful fats, while adding a rich flavor to any meal. Try sliced avocado on sandwiches or in salads or use guacamole in wraps, sandwiches, or quesadillas.
- **High fat fish** such as wild salmon, mackerel, herring, trout, etc.: Just about any fish or seafood are excellent sources of natural omega-3 polyunsaturated fats, but the higher fat fish listed above are the best sources of omega-3's.
- **Extra virgin olive oil:** Olive oil is approximately 71% monounsaturated, 16% saturated, and 13% polyunsaturated. Choose “extra virgin” olive oil, which comes from the first pressing of the olives and has higher quantities of antioxidants. Unlike most other oils on supermarket shelves, extra virgin olive oil is not extracted with the use of harmful industrial solvents and is one of your healthiest choices for liquid oils. Try making your own salad dressing by mixing a small amount of olive oil with vinegar. This is healthier than most store-bought salad dressings, which are usually made with highly processed and refined soybean oil extracted with industrial solvents.



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