

THE BIG FAT LIE

Myth: Fat makes you fat

Fact: You need fat to burn fat

The human body NEEDS fat. Fat is one of 3 of the fuel components.

Fat is imperative for:

- Healthy cholesterol levels
- Optimal liver and gallbladder function
- Healthy hormone balance
- Cell wall integrity {permeability}
- Production of anti-inflammatory prostaglandins
- Main fuel for the muscles (this includes the heart muscle)

And remember, fat is the main slow burning, long acting fuel.

Thus, fats are ABSOLUTELY necessary for blood sugar regulation, and gallbladder/liver function, and therefore optimal weight control.

(Optimal Health)

Caveat

There is a difference in the QUALITY of the fats available.

GOOD FATS -vs.- BAD FATS

The difference between a Good fat and a Bad fat is in the way they are processed, not in the inherent nature of their source.

Exception: canola, soy, cottonseed oils

Bad fats are extracted from their sources using high heat and/or chemical solvents.

The human body needs a balance of the various components of saturated and unsaturated fats

i.e.: saturated fats are necessary to digest proteins

How do we know the difference???

When reading a label (**READ LABELS**, you will be amazed) look for these terms:

GOOD FATS

- Cold Pressed
 - Unrefined
- Expeller Pressed
 - Organic
 - Extra Virgin

BAD FATS

- Hydrogenated
- Partially Hydrogenated
- _____ oil (name of polyunsaturated vegetable oil) i.e: sesame oil, sunflower oil, olive oil etc
 - Cold **PROCESSED** is a dirty trick on words

THE HUMAN BODY CANNOT (does not have the capability to) DIGEST REFINED OILS

Our choice of fats and oils is one of extreme importance. Most people, especially infants and growing children, benefit from *more* fat in the diet rather than less. But the fats we eat must be chosen with care. Avoid all processed foods containing newfangled hydrogenated fats and polyunsaturated oils. Instead, use traditional vegetable oils like extra virgin olive oil and small amounts of unrefined flaxseed oil (never heat flax oil or any other omega 3 oils.) Acquaint yourself with the merits of coconut oil for baking and with animal fats for occasional frying. Eat egg yolks and other animal fats with the proteins to which they are attached. And finally, use as much good quality butter as you like, with the happy assurance that it is a wholesome, - and indeed and essential- food for you and your whole family.

Organic butter, extra virgin olive oil, and expeller pressed flax oil in opaque containers are available in health food stores and gourmet markets. Organic coconut oil can be found in health food stores.