

Healthy Fats and Oils 101

Fats & Oils 101

The best fats are Omega 3's

They are found in wild foods:

- Salmon
- Herring
- Sardines
- Fresh anchovies
- Flax seeds and flax oils
- Walnuts
- Pumpkin seeds
- Hemp seeds
- Monounsaturated Fats

Olive oil is your friend.

Olive oil is a fabulous oil. It has been shown to reduce inflammation, boost immunity, lower blood pressure, blood sugar and cholesterol, and thin the blood. Olive oil also contains phenols, which are powerful plant antioxidants. Use olive oil freely on vegetables and other foods.

Polyunsaturated Fats

Find a good source, but still limit quantities. Small doses of polyunsaturated fats are necessary for the diet. Good examples are:

- Grapeseed
- Sunflower
- Safflower
- Walnut
- Sesame

Properly extracted, and in limited quantities, these oils can provide health. The down side is that polyunsaturated oils are usually refined and chemically processed, which turns them from life-giving to death-producing. These death-producing oils are often used in commercial baking. Be aware of them in packaged foods. They may include corn, soy, safflower and the catch all "vegetable oil" on labels. You will be wise to greatly limit these processed oils in your diet.

Saturated Fats

The right kinds are ok.

You need some saturated fat in your diet. Coconut products: Coconut, coconut milk and coconut oil are high in lauric acid, which is a beneficial saturated fat. It is best to limit saturated fats from commercially raised beef, pork, lamb and poultry. Mark Hyman, M.D. in his book, 'Ultra-Metabolism,' tells us that a feed-lot raised steer typically has 500 percent more saturated fat in its tissues than a grass-fed steer. Choose high-quality, organic sources of animal-based saturated fats, and limit the quantity.

Transfats

These will kill you.

Transfats are fake fats. They are also called hydrogenated or partially hydrogenated fats, and they are toxic. They block your metabolism, create weight gain, and increase your risk of diabetes, heart disease, and cancer. Because they never spoil they are used in nearly every commercially baked or packaged food. They may be good for shelf life, but **they are deadly to you. Do not eat them.**