

# ALL ABOUT FAT

The 'low fat' era of diets began in the late 1950s, around the same time that our obesity epidemic started. Hmm... Fat does NOT make you fat. Fat helps to stabilize your blood sugar, increases satiety (ever wondered why you are hungry right away after having cereal for breakfast, but not when you have eggs?), helps you absorb more nutrients, and increase enjoyment of food. Enjoy your fats!!! -From Tanja :)

## BENEFITS OF FAT

- Fat is important in keeping blood sugars stable
- Fat is the preferred form of fuel in our body: we need fat to become a FAT BURNING machine!
- Fat makes food taste delicious
- Fat is satiating... it keeps us feeling full for longer and is satisfying!
- Fat is a building block for cell membranes and hormones!
- Fat is an important source of energy
- Fat is a carrier for fat soluble vitamins (K, A, D, E)
- Fat is required for optimum function of our bodies- involved in cellular function, brain function, hormones, and required for healthy skin and hair
- It is important to realize FAT does not make you FAT! Dietary fat and adipose tissue are DIFFERENT. Embrace the fat. Ditch all the low fat dairy products. They are full of additives and even sometimes have added sugars to make them palatable.

## SOURCES OF FAT

**Omega-3s (Polyunsaturated):** Mackerel, Salmon Oil, Cod Liver Oil, Walnuts, Chia Seeds, Herring, Salmon (wild-caught), Flaxseeds, Tuna, White Fish, Sardines, Anchovies, Natto, and Egg Yolks (Pasture-Raised)

**Omega-6s (Polyunsaturated):** Blackcurrant Seed, Evening Primrose, Sunflower Oil, Sesame Oil, Flaxseed Oil, Pistachio Nuts, Pumpkin Seeds, and Sunflower Seeds

**Omega-9s (Monounsaturated):** Olives & Olive Oil, Avocados & Avocado Oil, Almonds & Almond Oil, Hazelnut & Hazel Nut Oil, Macadamia Nuts & Macadamia Oil

**Saturated :** Fats from Pasture-Raised Animals, Grass-Fed, Organic Virgin Coconut Oil, Organic Palm Oil

## FATS TO AVOID:

1. Trans Fats
2. Hydrogenated Fats
3. Partially- Hydrogenated Fats
4. Highly Processed Vegetable Oils such as canola oil and cottonseed oil
5. Fried fats

## HOW MUCH FAT?

Include a source of fat at each meal and snack.

Gradually increase the amount of fat in your diet while reducing the amount of carbohydrate. Your diet should consistently contain between 20-25% Protein.

Aim to provide 30-50% of your diet as fat to start. If you want to embrace a high fat low carb lifestyle, fat will make up most of your daily energy needs.