



NSIPM & Sano Wellness Center

Fats

WHAT'S THE SKINNY ON FATS

Fats are vitally important to every cell in your body and your overall health. 60 % of your brain and nervous system are made up of fat and cholesterol.

Dr. Mercola stated in an article:

“Over the past 60 years, research has repeatedly demonstrated that there's NO correlation between high cholesterol and plaque formation that leads to heart disease. Despite that, the saturated fat/cholesterol myth has been an extremely persistent one.

As of 2010, recommendations from the US Department of Agriculture (USDA) call for reducing your saturated fat intake to a mere 10 percent of your total calories or less. Fat is abhorred to the point it was virtually removed entirely from the latest USDA "food pyramid," now called "MyPlate". Except for a small portion of dairy, which is advised to be fat-free or low-fat, fats are missing entirely. How could this be?

This is the precise converse of what your body needs! Many health experts now believe that, for optimal health, you likely need anywhere from 50 to 85 percent of your daily calories in the form of healthful fats.”

While it's very important to limit processed fats like vegetable oils and canola oil, having a balanced amount of good fats provide energy and are the source for hormones, neurotransmitters and cell membranes. Fats reduce hunger and are necessary for the absorption of vitamins A, E, D and K.

Healthy fats include coconut oil, coconut cream/milk, raw dairy, organic butter, chia, flax, hemp seeds, wild caught salmon, grass-fed beef, avocado, extra virgin olive oil, and bone broth.

Avocados: Most of the fat in an avocado is monounsaturated, the heart-healthy kind that actually lowers bad cholesterol. Try substituting avocados for margarine or cream cheese or replace the mayo on your sandwich with avocado slices.

Free Range, Organic Eggs: Eggs are an inexpensive and easy source of protein. People often think eggs whites are a healthier option than whole eggs because they contain less fat, and while it's true that the egg yolk contains some fat, it's also packed with important nutrients. One whole egg contains 5 grams of fat, but only 1.5 grams are saturated. Whole eggs are also a good source of choline (one egg yolk has about 300 micrograms of choline), an important B vitamin that helps regulate the brain, nervous system and cardiovascular system. And while

there's a lot of buzz about the cholesterol in eggs, research has linked moderate egg consumption to improved heart health.

Olive Oil: Olive oil is commonly used in the Mediterranean diet (one of the most recommended for a healthy lifestyle), and we've all heard that olive oil reduces the risk of heart disease, blood pressure

and certain types of cancer. Mix extra virgin olive oil, lemon juice and sea salt for an easy, fat burning salad dressing.

Nuts: Your best bets for nutrition are almonds, walnuts and pistachios. Almonds are the richest in vitamin E; walnuts contain a plant-based omega-3 fatty acid; and pistachios have lutein and zeaxanthin, carotenoids important for eye health.

Nut Butter: Nut butters are another source of healthy fats-- try almond or cashew butter if you're feeling adventurous. Peanut butter should always be eaten organic and in moderation due to its high pesticide/mold potential. All of these butters boost protein and fiber intake. Just be forewarned, some are high in added sugars. Always read the label. Choose organic nut butters with as few ingredients as possible. Those with sea salt are fine.

Fatty Fish: The term "fatty fish" may sound unappealing, but actually, these are the healthiest and most delicious foods from the sea. Oily fish such as salmon, tuna, sardines, mackerel and trout are full of omega-3 fatty acids. Wild Caught Salmon and Halibut are a good choice. Stay away from all farm raised fish. Fish farms produce supermarket protein with high concentrations of antibiotics, pesticides and lower levels of healthy nutrients. Research has found that farmed fish has less usable omega-3 fatty acids than wild-caught fish and a 20% lower protein content.

Dr. Axe says, "Fat plays an essential role in your health. Fat is not the bad guy and eating fat doesn't make you fat. Eating unhealthy forms of fat can affect your health and weight in negative ways but for optimum health, 25-40 percent of your diet should be in the form of healthy fats."

In summary, healthy fats:

- Provide antioxidants to combat free radical damage in the body
- Help us to absorb fat soluble vitamins
- Can prevent and treat cancer, diabetes, heart disease, musculoskeletal pain, obesity and other inflammatory conditions
- May improve blood clotting, blood pressure, cholesterol levels and inflammation
- Contribute to proper brain and nervous system development