



Guide to Choosing Fats & Oils

The benefits of healthy fats are numerous: Good fats are a wonderful source of long-burning fuel for your muscles, particularly the heart. Your brain is mostly fat; it keeps your thinking clear. Fats help regulate healthy hormone levels. They can help increase fertility. Fats keep you in a good mood. Fats keep you feeling full after a meal. They allow you to absorb nutrients from food, especially vitamins A, D, E, and K. Fat makes your skin glow. Fats are important for maintaining healthy blood lipid levels and for healthy liver & gallbladder function. Eating healthy fats will not make you fat!

HEALTHY FATS & OILS:

Top of the Line: cold pressed or expeller pressed, unrefined, extra virgin, and organic.

For high heat cooking, use the fats that are the most stable, which include:

- Coconut oil
- Butter
- Ghee
- Cocoa butter
- Tallow/suet (beef fat)
- Palm oil
- Lard/bacon fat (pork fat)
- Duck fat

For low/no heat cooking, use:

- Avocado oil
- Macadamia nut oil
- Olive oil
- Sesame oil
- Walnut oil
- Flax oil
- Rice Bran oil
- Peanut oil

Healthy Fat from Food Sources: Remember, food quality is key!

- Avocados
- Nuts and seeds (not roasted in unhealthy oil)
- Organic, raw, full-fat dairy
- Fatty fish like wild-caught salmon and sardines
- Egg yolks from pasture-raised chickens
- Fish oil supplements like cod liver oil & krill oil (watch out for added unhealthy oils)
- Grass-fed beef, lamb, and other wild game

UNHEALTHY FATS & OILS:

The fats to avoid contain excessive Omega 6 fats and PUFA's.

An imbalance of too many Omega 6 fats and Poly-Unsaturated Fatty Acids causes oxidation, which causes inflammation and disease. (That's why anti-oxidants are good for you!)

A good general rule is to avoid consuming the oils that require processing on a large scale.

Fats to AVOID COMPLETELY are:

- Safflower oil
- Canola/Rapeseed oil
- Margarine
- Sunflower oil
- Corn oil
- Vegetable shortening
- Soybean oil
- Grapeseed oil
- Cottonseed oil

Trans Fats: It is extremely important to avoid ALL oils and foods that have been hydrogenated or partially hydrogenated. These are trans fats that our bodies cannot digest. Consumption of these types of fats are directly associated with heart disease, cancer, diabetes, reduced immune function, infertility, and obesity.