
Week 4: FAT: It's Good For You!

Fat has always had a bad reputation and scared people away. It's time to clear its name.



Week 4

Fat Can Make You Skinny

Embrace the fat.....

For the past 50+ years we were told to avoid fat at all cost. People thought of fat like the plague! We were told that it would clog our arteries, raise our cholesterol, and give us heart disease. Well it's time to clear the air once and for all.

Topic 1: Types of fat

Lets start off with a quick lesson on the different types of fats out there. We have saturated fats, unsaturated fats, and trans fats. Unsaturated fats can then be broken down into either mono-unsaturated or poly-unsaturated fats. Stay with me, here comes the science; if one or more carbon molecule is unsaturated within its chain, then its an unsaturated fat. Make sense? Don't worry, your body does all the science for you.

Then there are trans fats, which is an unsaturated fat that is processed where hydrogen ions are bubbled through it, (hydrogenated) and this causes it to stay hard at room temperature, which is good for food companies because it extends its shelf life, bad for human's cause it decrease your life!

Topic 2: Pro's and Con's

Saturated and **unsaturated** fats play a vital role in our bodies health. Look at all these benefits!

- they are the most energy-dense nutrient
- they help to produce and balance hormones (i.e. female menstruation/male testosterone)
- they form our cell membranes
- they form our brain and nervous systems
- they help to transport the fat soluble vitamins such as Vitamin A, D, E, and K
- they provide the two essential fatty acids that our body can't make: the omega-6 and omega-3 fatty acids.

The **transfats** however are not so nice to us:

- they lower the good form of cholesterol
- increase the risk of Alzheimer's disease
- increase the risk of lymphoma
- suppress the excretion of bile acids
- diminish blood vessel function and elasticity



Topic 3: Where are fats found?

Both good and bad fats are found in all kinds of different foods. Actually it may be harder to find fat in food nowadays because the food industry has demonized it so much. All the food items you see at the grocery store are all labeled “LOW-FAT” or “Reduced Fat”. But there are still lots of good sources of fat out there.

Your saturated fats can be obtained from your animal fats, butter, and coconut oils. Remember, don't be scared of animal fat! Human's have survived on animal fat for thousands of years, think back to the 1800's; if a buffalo was caught, they didn't let anything go to waste! So don't be scared to get a ribeye steak with some nice marbled fat around the edges.



The unsaturated fats are found in all of your extra virgin olive oil, nuts, fish, flax/hemp seeds. These are important because this is where all of your omega fats are found, in particular the omega-3 and omega-6 fats. Fish oil specifically



has been found to decrease your risk of heart disease, diabetes, and other cancers; increase your metabolic rate and reduce fat (who doesn't want that); reduce inflammation, which is known to cause pain such as arthritis; and lastly it helps to improve your mood and decrease signs of depression. So you're saying it will make people happier? YES!!!

While the government has stated that partially hydrogenated oils (transfats) are not good for us and should be reduced as much as possible; they can still be found in many foods, mainly the highly processed stuff! These include all those items that taste the best and the ones we need to limit as much as possible.

- Deep fried food (C'mon, they're cooked in hydrogenated vegetable oil!)
- Margarine (eat real butter instead!)
- Frosting (but it tastes so good!)
- Flavored coffee creamer (use whole milk or heavy cream)
- Any cookie, cake, biscuit, cracker, cinnamon roll, etc.
- Pizza, fast food, french fries, etc.

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container about 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	12%
Trans Fat 2.5g	
Cholesterol 0mg	0%

INGREDIENTS: WHOLE GRAIN POPCORN, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, NATURAL AND ARTIFICIAL FLAVOR [MILK], COLOR ADDED, FRESHNESS PRESERVED BY PROPYL GALLATE.

Topic 4: But what about my cholesterol?

For many years, the concern with saturated fats such as butter, animal fat, eggs, etc was always that it would raise your cholesterol levels through the roof. The cholesterol debate has always been a big issue, but its not as simple as many think.

First off, do you know why we have cholesterol and what it does? It is used in almost every single cell in our body. Cholesterol helps to build the cell, control hormones, and helps your body repair itself. Hence why your cholesterol is higher when your older, because your body doesn't repair as easily compared to when you were just a wee little lad. Basically, without cholesterol, you will die! When thinking of cholesterol, most people think about LDL's (bad guys) and HDL's (good guys), but you really need to dive deeper to better understand what's truly happening.

I will try to keep this brief, but your LDL particles can be further broken down into light fluffy particles and small condensed particles. Eating a diet high in fat will increase your light fluffy particles, which is good! However, eating a diet high in sugars and simple carbohydrates will increase your small condensed particles. These small condensed particles are what can cause artery plaque and blockages.

In simple terms, if you eat a diet higher in good fat, along with a lower sugar and carb intake, your cholesterol will be just fine and will more than likely improve. If you're still doubtful, I recommend picking up Nina Teicholz book *The Big Fat Surprise* or Gary Taubes *Why We Get Fat*.



Questions:

1. How do you currently feel about fat? Do you shop for low-fat products and avoid fat?

2. Think about your daily life, give three examples of how you can add more fat into your life? Be specific!

3. Observation: After including more fat in your diet, how does your body feel?
