



GOOD FATS VS. BAD FATS

Fat is essential to our daily lives. It is an energy source, helps transport vitamins around the body including vitamins A, D, E, and K, helps insulate and protect our vital organs from trauma, is essential in the nervous system as well as in the manufacturing of healthy hormones.

However, it is important that we balance the types of fats we are consuming and focus on mainly monounsaturated and omega 3's. An excess of 'unhealthy fats' and lifestyle choices can contribute to allergies, inflammation, arthritis, depression, cardiovascular disease, diabetes and more.

Types of Fat

Good fats (HDL): Monounsaturated Fats

- ✓ High in Vitamin E, can help maintain the integrity of your cells, maintain vision, healthy immune system and heart health and is an anti-inflammatory.
- ✓ Found in nuts, avocado, extra virgin olive oil.

Essential Fatty Acids (EFAs): Omega 3 and Omega 6

- ✓ Essential means our body cannot make them itself, however, we need EFA's for cell health and duplication, as well as brain and cardiovascular health.
- ✓ Found in deep-water fish, fish oil supplements, flaxseed oil and walnuts.

Okay in moderation fats: Polyunsaturated Fats (PUFAs)

- ✓ Can both raise and lower LDL cholesterol.
- ✓ Can provide sources of Omega 6 fatty acids.
- ✓ Found in walnuts, sunflower seeds, soybeans, sunflower oil. However; oils unstable when heated so consume drizzled over fresh salads.

Okay in limited amounts fats: Saturated Fats

- ✓ Can both raise and lower LDL cholesterol, however due to the western diet most people consume too much, which can lead to disease states.
- ✓ Choose unprocessed, whole food sources to limit adulteration.
- ✓ Found in fatty parts of red meat, dairy, processed foods, coconut oil.

Bad fats (LDL): Trans fats (Partially Hydrogenated Oils) – AVOID

- ✓ Increased LDL (bad) cholesterol in the blood can lead to atherosclerosis, diabetes, heart disease and other lifestyle diseases.
- ✓ Found in processed foods, fried foods, packaged foods and fatty meats.

