

Weight Loss & Wellness

STEP 5 HEALTHY & UNHEALTHY FATS



Use spices for flavor in food rather than adding a bunch of oils, fats, or sauces

- Dr. Matthew Kulka

Understanding Fats

The Good and the Bad

Not all fats are created equal, but it does not mean that fats are all bad. Fats help us feel full, regulate our blood sugar, and absorb vital nutrients. Some fats, such as polyunsaturated fats, are essential for your body to function, providing all kinds of benefits to your heart, muscles, and joints. Other kinds, such as trans fats, have a detrimental impact on the systems that keep your body functioning properly every day.

Below are multiple types of fats separated by healthy and unhealthy fats.

Unhealthy Fats

Increased risk of heart disease, stroke and diabetes.

Saturated Fats

Naturally occurring fats found in meat and dairy products, such as butter, cheese, and bacon.

Trans Fats

Milk and meat products, artificial fats, and baked goods, such as donuts, pizza, and cookies

Healthy Fats

Provides absorption for essential vitamins. Vitamins A, D, E, & K are fat-soluble vitamins. The body requires fat to absorb them.

Monounsaturated and Polyunsaturated fats

Naturally occurring fats found in meat and dairy products, such as butter, cheese, and bacon.

Omega-3 Fatty Acids

These promote heart health (found in fish nuts and seeds)



Next: The “Fattening Food” Myth ►

The “Fattening Food” Myth

The fat we consume from food does not automatically become the fat we store in our bodies. All types of food (carbs, fats, proteins) can be equally “fattening” (added to fat storage) if you are in a calorie surplus.

Reading Labels & Understanding Fats

If you go to the grocery store, look for products chock-full of healthy fats and avoid unhealthy fats.

Read labels to choose from the healthy fats, and avoid the unhealthy fats:

Reach for Healthy Fats

- ♥ Unsaturated Fats
- ♥ Monounsaturated Fats
- ♥ Polyunsaturated Fats
- ♥ Foods Rich in Omega 3 Fatty Acids
- ♥ Plant-Based Foods with Natural Fats

Avoid Unhealthy Fats

- ♥ Saturated Fats
- ♥ Trans Fats
- ♥ Artificially Derived Fats

However, when you eat plant-based meals, you won’t have to read labels or count fat content. Instead, these healthy fats will help you feel full faster and help you absorb vital nutrients which improve liver and nervous system function to aid in weight loss.

Next: Review ►



Reviewing Your Steps

Step 4

- Eat more plant-based foods - Complex Carbs.
- Eat less processed carbs - Simple Carbs.
- Read all nutritional labels.
- Keep “added sugars” as close to zero as possible.

Step 3

- Calculate your personal Metabolic Rate.
- Consume 300 fewer calories to create a caloric deficit = Daily Caloric Goal.
- Strive to move your body for 30 minutes everyday.
- Adjust your daily caloric goal for physical activity.

Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green wrist band for motivation.
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.