

Macro Series

**FATS:
THE GOOD
& THE BAD**





*Eat less from a box and
more from the earth*

Dr. Matthew Kulka

Fats are one of three macronutrients (protein and carbohydrates) your body uses for fuel and nutrient absorption.

Like carbohydrates, the body uses dietary fats to create energy. Additionally, unsaturated fats help absorb vitamins A, K, D, and E and are responsible for keeping our hair and skin healthy.

Healthy Fats - Unsaturated Fats

Unsaturated fats are naturally occurring fats that absorb many significant vitamins and minerals.

Monounsaturated Fats

Monounsaturated fats are heart-healthy in moderation, and when used in place of saturated fat and trans-fat, they help absorb certain essential vitamins. These fats also help reduce another bad cholesterol called triglycerides. Lowering your triglycerides has been shown to decrease the risk of cardiovascular heart disease and stroke. Some examples include:

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|--------------|-----------------|-----------------|
| • Olive oil | • Safflower oil | • Peanut butter |
| • Canola oil | • Sesame oil | • Nuts |
| • Peanut oil | • Avocado | • Seeds |

Healthy Fats - Unsaturated Fats (Cont.)

Polyunsaturated Fats

Polyunsaturated fats have more chemically complex molecules that are richer in omega 3 and omega 6 fatty acids. Omega 3 and 6 are essential for brain function, heart health, metabolism, and cell growth. They may lower triglycerides, help prevent cancer and dementia, and have some beneficial anti-inflammatory effects as well. Our bodies do not make essential fatty acids, so you can only get them from food. These foods are rich in Polyunsaturated fats:

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|--------------|-----------------|-----------------|
| • Olive oil | • Safflower oil | • Peanut butter |
| • Canola oil | • Sesame oil | • Nuts |
| • Peanut oil | • Avocado | • Seeds |

Fatty Fish (Rich in Omega-3)

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|-----------------|--------------|------------|
| • Albacore tuna | • Lake trout | • Sardines |
| • Herring | • Mackerel | • Salmon |

Nuts (Rich in Omega-3)

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|-----------------|------------------|-------------------|
| • Unsalted nuts | • Peanuts | • Sunflower seeds |
| • Almonds | • Pistachios | • Walnuts |
| • Hazelnuts | • Pumpkins seeds | |



Unhealthy Fats - Saturated Fats

Saturated fats are naturally occurring fats found in most meat and dairy products, although some are also found in coconut and palm products. While the science is still unclear, adding some saturated fats to your diet can be beneficial, but nutritionists still caution against too many saturated fats. These foods are rich in Saturated Fats:

- Beef
- Butter
- Processed meats (sausage, deli meats)
- Lamb
- Lard
- Coconut oil
- Milk
- Poultry
- Palm oil

Artificial Trans Fats

Trans fats are created when a saturated fat goes through a process of “partial hydrogenation” to prevent oils from separating during the cooking or storing process. Since most healthy oils (fats) are liquid at room temperature, the process of fat hydrogenation helps them stay together—think natural peanut butter with oil separated at the top (not hydrogenated). While hydrogenation improves the product's texture by keeping them solid at room temperature it may also raise your LDL levels (bad cholesterol) and lower the bloodstream's HDL levels (good cholesterol).

- Deep fried foods (Fries and corn chips)
- Margarine
- Storebought crackers & cookies
- Commerical baked goods (cakes & cookies)
- Hydrogenated vegetable oils
- Non-dairy creamers
- Vegetable shortening
- Frozen pizza
- Some microwave popcorns



Alert! Products that list "partially hydrogenated" or "hydrogenated" on the label also contain trans fats

