

Fat Facts

How Fat Affects the Body

- Provides a long-burning energy source
- Enhances mineral absorption
- Acts as a carrier or activator of vitamins A, D, E, & K
- Satisfies appetite
- Makes food taste good!
- Aids in healthy hormone production – includes stress & sex hormones

Four Main Types of Fats & Oils

- Saturated Fats* - butter, lard, animal fats & coconut oil - tend to be solid at room temperature
- Monounsaturated Oils - olive & canola oil - liquid at room temperature
- Polyunsaturated Oils - soybean oil, cottonseed oil, corn oil & safflower oil – liquid at room temperature and in the refrigerator
- Partially Hydrogenated Fats - liquid seed oils that have undergone an industrial process to make them hard

* Most people think that saturated fats are bad for them, and they try to avoid butter, cream, full fat milk and yogurts, and fatty meats. However, decades of scientific research indicate that saturated fats are vital for human health. These fats are needed for proper function of the heart, kidneys and lungs – they support hormone production, healing and cell function. Saturated fats are essential for normal growth and development, including the development of the brain.

Why Fat is a Good Thing

- Low HDL is a greater risk factor for heart disease than Total Cholesterol or LDL, especially in women.
- The Higher the HDL the better. It leads to increased longevity
- A simple comparison of two breakfasts:

- Eggs, bacon, lard and butter ↑HDL
- Cornflakes, skim milk and bananas ↓HDL, ↓ LDL (or neutral), ↑ Triglycerides

- Lard:

- 47% monosaturated fat –(90% oleic acid, like olive oil) - ↑HDL, ↓LDL
- 39% saturated fat
- ♣ 1/3 stearic acid (like chocolate) - ↑HDL, neutral LDL
- ♣ 2/3 saturated fat - ↑HDL, ↑LDL
- 12% polyunsaturated fat – neutral HDL, ↓LDL

- 70% of fat in lard improves your cholesterol profile

- Butter: 50% improves cholesterol profile ↑HDL, ↑LDL

Essential Fatty Acids (EFAs)

Essential Fatty Acids must be ingested for good health as the body cannot make them on its own. The two essential fatty acids are Omega 6 (LA) and Omega 3 (ALA).

Healthy sources of Omega 3 are: fish oil, flax oil, wheat germ, eggs, chia seeds, walnut and pumpkin.

Healthy sources of Omega 6 are: sunflower oil, sesame oil, black currant seed oil and safflower oil.

The ratio of Omega-6s to Omega-3s in the diet should be approximately 1:1.

Good Sources of Fats

- Butter – grass fed - Kerry Gold brand at Market Basket, Whole Foods or Trader Joe's
- Coconut Oil – unrefined, cold pressed, virgin and organic
- Ghee – grass fed clarified butter
- Extra Virgin Olive Oil – preferably unfiltered in a dark bottle
- Nuts & Seeds – properly prepared
- Lard – pastured pork fat

- Tallow – pastured beef fat
- Seed Oils – expeller or cold pressed
- Avocados
- Eggs – farm fresh
- Oily Fish – salmon, herring, sardines, mackerel, blue fish

Fats and Oils to Avoid

- Hydrogenated or partially hydrogenated oils “trans fats”
- Vegetable oil, canola oil, cottonseed oil, corn oil, soybean oil
- Margarines – including Crisco and Smart Balance

Some Information Sourced from The Weston A. Price Foundation