

# Good Fats—Bad Fats

There are actually good and bad fats. Fats have been given a bad name because of the associated health problems with bad fats (saturated and trans fats) and excess fat consumption.

The different type of fats/oils are:

- saturated (bad)
- mono-unsaturated (good)
- polyunsaturated (good)

These can come in 2 different molecular configurations:

- TRANS (bad) damaged by processing
- CIS (good) in their normal state

## ***BAD***

Be aware that good fats can become bad fats if processed by hydrogenation, bleaching, heat-treated and deodorising which can change their molecular structure into saturated fats and harmful disease producing "Trans fats". Try to avoid these types.

The trans configuration is found in the vast majority of cooking oils we use. The more solid the oil the higher the level of trans fats (e.g. margarine & shortenings), while vegetable oils contain much less. Trans fats can cause damage to cell membranes and thus our health.

Where possible avoid products with more than a quarter of their fat as "Saturated Fat". Saturated fats have a nasty habit of accumulating in your arteries leading to narrowing (atherosclerosis) and hardening (arteriosclerosis) of the arteries. This can lead to increased blood pressure and stress on the heart. People who eat high amounts of saturated fats are at risk of more cholesterol being made than the body needs (approx. 80% of cholesterol in the body is made in the liver). If you have high blood cholesterol levels avoid saturated fats.

## ***GOOD***

You can't just avoid fats altogether. For good health you need a certain amount of good fats (mono & polyunsaturated) in their natural state, (i.e. "cold pressed" olive oil contains high amounts of mono-unsaturated oil). We need good fats for healthy cells, components of our brain, nervous system, liver, sex glands, complexion, shiny hair, regulation of cholesterol metabolism, providing energy and to serve the health of our arteries.

The "Essential Fatty Acids" Linoleic (omega 6) and Alpha-Linolenic (omega 3) are polyunsaturated fats. These produce prostaglandins, (hormones that assist the body in fighting and preventing degenerative diseases and helps deliver oxygen around the body).

# Good Fats—Bad Fats

These can be found in:

oily fish (like salmon, mackerel, sardines)  
organic flax oil (also known as linseed oil)  
evening primrose oil  
pumpkin seeds, walnuts, borage oil.

You should also replace chemically processed oils with “cold pressed oils” (this helps retain their natural structure and anti-oxidants), such as olive, flax seed and canola oil.

## ***SUMMARY***

Avoid saturated and trans fats where possible

Avoid more than 10g fat at any one meal

Daily fat consumption guidelines : 30-45g (30g for small person ~ 45g for large lean person)

<b><i>Fats to Eat (in moderation)</i></b>	<b><i>Fats to Avoid</i></b>
Organic flax-seed oil (one teaspoon daily)	Most processed cooking oils
Olive oil (use in salads and cooking)	Margarine & margarine-like products
Canola oil (good for cooking)	Butter, shortening, pastry
Those in fish, tuna, sardines, salmon, sushi etc.	High-fat dairy products
Those in scallops, mussels	Fatty red meats (sausages, chops
Evening primrose oil (a supplement)	Bacon, fish & chips
Those in turkey, skinless chicken	Potato chips (french fries or chips)
Those in low-fat dressings	High-fat dressings & creamy sauces
Those in low-fat dairy options like cottage cheese, ricotta cheese	High-fat desserts, biscuits
Those in wholegrains, seeds, beans	High-fat dairy products (ice cream, cream, sour cream, full cream yoghurt, etc.)
	High-fat cheeses