

Fats that Harm

Diets that are high in fat can shorten life by predisposing us to heart disease, vascular disease, cancer and other serious illnesses. Fats are also the major cause of obesity. Over the next two weeks I will be discussing which fats and oils are harmful and those that are essential for a healthy diet. Fats can be good or bad they can either:

- Increase your energy levels or slow you down
- Make you fat or keep you slim
- Be good for brain development (particularly Omega 3) or interfere with brain development.
- Clog your arteries or clean your arteries.

There are many more examples but the important point is that commercially produced oils can turn fats that are good for us into fat that are harmful, for example:

1. Hydrogenation

Hydrogenation changes liquid oils into solid spreadable, long shelf life products that are extremely harmful to the body. The process involves heating the oil to very high temperatures which changes the molecule structure and this change creates trans-fatty acids which are unnatural and unhealthy. My advice is to avoid any products which contain hydrogenated fat.

2. Frying

Research indicates that fried fats can cause cancer and hardening of the arteries. Fried food is burnt food and this cooking method also changes the chemistry of the oil molecules and interferes with our cells' healthy function. Keep frying to a minimum and avoid those crisps.

3. Refining and Deodorising

These processes produce oils that are completely devoid of any nutritional goodness. Most of the oils that line supermarket shelves have been subjected to harsh processes which include; cleaning with phosphoric acid, bleaching, heating to above frying temperatures to remove the peroxides produced by bleaching. All these create toxic chemicals which the body has to eliminate. Virgin olive oil is the oil I recommend for cooking and salad dressings.

Next week the fats that are essential for our good health.

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