

## Fats that Heal

Too much fat is bad for us because it generally makes us fat and can clog our arteries and cause many health problems. However good fats are essential for our health and it is important that we understand the difference.

**Saturated Fats** – are found primarily in foods from animals; including beef, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole milk. They are also found in some plant foods; coconut oil, palm oil and cocoa butter. These fats are the major dietary cause of high blood cholesterol; you should try and reduce your consumption of these fats.

**Hydrogenated fats** – these are artificially produced fats which include margarines and shortenings and should be avoided.

**Polyunsaturated fats** - these are the unsaturated fats found primarily in oils from plants and include sesame and safflower seeds, corn and soybeans, many nuts and seeds and their oils.

**Monounsaturated fats** – these are also from plants and include canola, olive and peanut oils, and avocados.

Both polyunsaturated and monounsaturated fats are much better for our health and can help lower high cholesterol levels especially if you use these oils instead of the saturated and hydrogenated fats. I highly recommend cooking and using good quality olive oil.

Now let us look at the fats that are essential to our health. Essential fatty acids reduce the risk of cancer, heart disease, allergies, arthritis, eczema, depression, fatigue, poor brain development in children and more. These fats are the alpha-linolenic acid (Omega 3) and linoleic acid (Omega 6).

Omega 6 is only found in the seeds and oils of the following; hemp, pumpkin, sunflower, safflower, sesame, corn, walnut, soybean and wheat germ oil. You can crush these and put them on your cereal at breakfast.

Omega 3 can be found in oily fish such as salmon, mackerel, sardines, and herrings. Despite the recent media reports, resulting from one research study, I still recommend Omega 3 supplements to my Clients and take them myself as I feel they are beneficial for our health and it is difficult to get sufficient Omega 3 from our diet. However if you have a history of Angina I would recommend consulting your doctor before taking an Omega 3 supplement.

Have a lovely Easter and go easy on the chocolate.

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