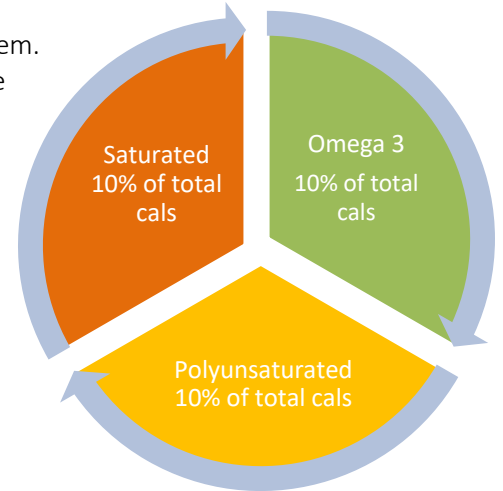


Healthy fats are structural components of every cell and vital to the immune system. It's important to balance the different types of fat to manage inflammation, make healthy LDL cholesterol particles, and provide the most nutrients. Fat should represent about 30% of your total calories and be evenly divided between types of fats. Some diets may be higher in fat for various reasons. Trans fats should be avoided at all times. Avoid fat free foods not made by Mother Nature. Choosing fat free foods can do more harm than good because certain nutrients rely on fat for absorption. Fat removed in processing often creates a less nutritious food.



**Why you should eat fat:**

- To get fat soluble vitamins A, D, E and K
- Fat is necessary for calcium absorption
- Antioxidants require fat to be absorbed
- Turns off hunger hormones and provides energy

**Most Important--- Monounsaturated fats or Omega 3**

Anti-inflammatory fats that reduce inflammation and prevent disease. Known to protect against obesity, help regulate blood sugar, and protect cells from oxidative stress = death.

- Olive oil
- Avocado oil
- Avocados
- Nuts: almonds, walnuts, cashews, pecans, pistachios, Brazil
- Seeds: pine nuts, chia, hemp, flax, sunflower, pumpkin
- Fatty fish: salmon, tuna, all fish have some

**Polyunsaturated fats or Omega 6**

Inflammatory fats that support immune system response to infection and repair.

Goal is to balance Omega 6 to Omega 3 in 4:1 ratio  
 Most diets are 10:1 -- *very inflammatory*

- Safflower
- Sunflower
- Canola---not a 'clean' oil, avoid
- Corn---high in pesticide residue
- Vegetable (mixed oil of low quality)
- All other plant oils

**Saturated fats**

Preserves immune function of white blood cells, provides communication signals for cells, protects bone and lung function. High intakes of saturated fat can be harmful to cholesterol particles, blood sugar, and create inflammation.

- Butter, choose organic
- Cheese
- Eggs
- Coconut oil---has some anti-inflammatory properties
- Higher in red meats, lower in poultry, lowest in game meat.

**NO TRANS FAT!**

Usually listed as partially hydrogenated oil or fully hydrogenated.

Very inflammatory! There is no SAFE amount. Manufacturers may claim 'zero trans-fat' based on serving size. If <0.5 g/serving, they can claim zero, but this adds up quickly when serving size exceeded.

Avoid hydrogenated or partially hydrogenated oil of any kind---cheap oil that increases shelf life. Found in cookies, frozen desserts, breads, crackers, and candies.