

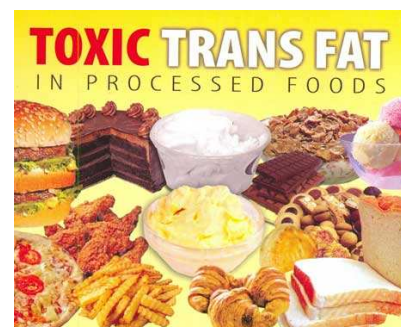
The function of fat is to insulate the body and prevent heat loss, protect the delicate organs such as the kidneys and nerves and provide the body with heat and energy, keeping it at the correct temperature (37° C).

Health Tip #7 – FATS

The RDA (Recommended Daily Allowance) of fats is for a combination of **saturated fat**: [animal sources such as **meat, eggs, milk and dairy produce e.g. cream and butter**] and **unsaturated fat**: [plant and fish sources such as **peas, beans and lentils (pulse vegetables), whole cereals, nuts, cooking oil, polyunsaturated margarine and oily fish**] in the daily diet. **It is recommended that we eat 50% saturated fat and 50% unsaturated fat in our diet.** People in the western world eat too much saturated fat and it is recommended that we cut down on our intake and **increase our intake of unsaturated fats.**



- The 'good' guys – **(MUFA) Monounsaturated Fatty Acids** are: dark flavorful oils from plant products such as **nuts, olives, avocados and peanut butter** and are all **heart healthy** and **can lower the risk of hearts disease, lower bad cholesterol, lower triglycerides and maintain good cholesterol.**
- The 'not so bad' guys – **(PUFA) Polyunsaturated Fatty Acids** are: light oils from plant products and fish such as **salmon, sardines, mackerel, canola oil, walnuts and flax** are **essential to health** and **may decrease risk of heart disease and protect again high blood pressure.** Note: ***The PUFA oils (corn, soybean, cottonseed, sunflower and safflower seed) contain Omega-6 acids that may promote harmful cell inflammation.***
- The 'most unhealthy' fat - '**trans fat**' are:
 - Fried foods** – This includes French fries, onion rings, fried chicken, chicken-fried steak, fried fish and donuts.
 - Stick margarine** – more trans fats than tub margarines.
 - Packaged foods** – crackers, chips and cookies usually contain partially hydrogenated vegetable oils and most baking mixes such as biscuit and cake mixes also contain trans fats.
 - Frozen foods** – Many frozen foods contain partially hydrogenated oils. Fish sticks, French fries, pies and many prepared entrees, desserts and sweet treats (candies, baked goods, toppings, icings, cakes, pies and cookies) are often laden with trans fats.



My Healthy Suggestions:

- Read ingredient labels to **avoid eating foods containing trans fats and partially hydrogenated oils.**
- Begin to incorporate more **MUFA & PUFA foods** into your eating plan.
- Consider using **low fat milk, cheese, yogurt and mayonnaise.**
- Check out the link by Nutritionist, Dr. Jonny Bowden about **butter benefits** @ <http://jonnybowdenblog.com/butter>.

Consider making these 'healthy changes for a healthier you'!

To Your Health,
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