

HEALTHY FATS



DIETARY FATS – 1gram fat = 9 calories.

Fat plays important role in our body and used by many functions such as it stores energy, insulates us, protect our vital organs and control immune functions.

It helps us absorb fat soluble vitamins such as vitamins A, E, K and D and helps the body to produce sex steroid hormones such as testosterone and oestrogen.

Fats are an important component of cell membranes and appetite regulation.

There are 4 different forms of fats –

Trans Fats

Saturated Fats

Polyunsaturated Fats

Monounsaturated Fats

Trans fats are found in processed, shelf-stable food items such as snack foods, Margarine, deep fried or most of take-away foods. Any food which has “partially hydrogenated vegetable oil” on the label will have trans fat in it. So, try limit it because it has consistently shown that it can increase CVD risk by worsening lipid profiles and cause inflammations.



Saturated fats may be found in dairy, coconut milk/oil, poultry skin, fatty meat, dark chocolate and ghee etc. saturated fats are not as bad as we think. The only reason they get bad reputation is that people do consume too much of them. Current recommended saturated fat intake is around 10% of your total daily energy intake.

Poly and Mono unsaturated fats are the fats you might want pay the attention too. They improve lipid profile and reduce the risk of heart disease, and also a good source of essential fatty acids which the body cannot make on its own. Poly and Mono fats are come from avocado, nuts and seeds, olive/flax/soybean oils, grass- fed animal meats, fish/salmon/sardines/mackerel and eggs etc.

If you do not eat oily fish, then I would recommend you to take a fish supplement with EPA and DHA. Remember, there's no source of fat that is 100% one type or other for example, avocado contain mostly mono fats plus a small amount of poly unsaturated fat as well.

Having said all this, remember even good fats will cause weight gain if you are eating enough of them to put you in a caloric surplus.

**SO, DON'T GO NUTS WITH THE NUTS
IF YOUR GOAL IS TO WEIGHT LOSS!!!**

