

"Fat... The Good, The Bad and The Ugly!"

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

"Fat... The Good, The Bad and The Ugly!"

By Warren Matthews

"Fat... The Good, The Bad and The Ugly!" by Warren Matthews

It is likely that you are aware that there are many different forms of fat which you knowingly or unwittingly eat every day. You are probably also aware that some types of fat are bad for you and conversely some are good... but, are you sure which ones they are?

If you are not certain and you would like to know, then this article is devoted just for you. I will attempt to explain the basic facts that you need to know so that you will not allow 'bad' fats to damage your health and you can use the 'good' fats to enhance it.

You will often find that dietary fats are put into two simplistic categories. One being saturated fats and the other being unsaturated fats. You are told that saturated fats are bad and unsaturated fats are good. But, is it as simple as that? No, its not! Before we look at these closer lets discuss the real 'baddie' fat which is in a category of its own. This is because it is 'man made'.

Maybe we should call this fat the 'ugly' one because it does the most damage.

I'm talking about Transfats or Hydrogenated fats... or, oils

OK, what are they, how are they made and where do I find them?

First of all you find them almost everywhere. In most processed foods including cookies, solid and semi solid margarines, commercial cooking oils and many domestic cooking oils. Look carefully at the labels of any processed food that you buy. If you see hydrogenated or partially hydrogenated on the label put it back on the shelf.

"Fat... The Good, The Bad and The Ugly!"

Hydrogenated fats are produced by taking liquid oil and putting it through a process called hydrogenation. This is a process which combines heat and pressure to add several hydrogen atoms to the oil. This process which takes place at around 400 degrees F for several hours in the presence of a nickel or platinum catalyst converts the liquid to a semi solid.

This helps prevent the oil from becoming rancid even though it destroys its nutritional value. This process enables manufacturers to convert cheap low quality oils into butter substitutes... hence the explosion of margarines on the market.

These reprocessed oils and fats are completely foreign to the body and it cannot assimilate them. There is therefore no nutritional value to them at all. Studies have shown that hydrogenated fats and oils are significant contributors to heart disease, cancer, diabetes, immunity and reproduction problems, as well as obesity.

Give them a wide berth!

What about saturated fats?

These are the fats which are found in animal fats, red meat, poultry skin, and dairy products. Also some vegetable oils such as coconuts and palm oil are high in saturated fat.

These are the fats that the mainstream media warns you to stay away from. This is either through ignorance or influence from their advertisers, or both. There is no doubt that eating saturated fats in excess would not be good for you, but this principle applies to virtually all food.

The simple fact is that your body is designed to cope with saturated fats and has been since the first human walked the earth. Not only are our bodies designed to cope with the ingestion of a certain amount of saturated fats, our bodies also need it. I accept that many people have too high an intake of dietary fat, but it is not usually through this source, but rather from trans or hydrogenated fats.

Saturated fats are natural whose molecules have not been 'bent out of shape'! I'm not kidding...the molecules of transfats are actually distorted into an unnatural configuration.

Cut out all hydrogenated fats and oils and enjoy that juicy steak.

"Fat... The Good, The Bad and The Ugly!"

OK, what about the unsaturated fats?

There are two types of unsaturated fats. Poly-unsaturated and mono-unsaturated.

It is generally believed that all unsaturated fats are OK, but this is not the case. Poly-unsaturated fats are bad for your health and are consumed in excessive amounts. They should be avoided.

Polyunsaturated fats are found in safflower, corn, sunflower and ... soybean vegetable oils. They remain liquid at room temperature. They do not have any redeeming health benefits. They are widely used because they are cheap and although they contain Omega 6 essential fatty acids most people get far too much Omega 6 which must be partially offset by Omega 3 essential fatty acids. More on that shortly!

Switch your polyunsaturated oils to mono-unsaturated.

The most common sources of mono-unsaturated fats are olive oil, rapeseed oil, hazelnuts, almonds, Brazil nuts, cashews, avocado, sesame seeds, pumpkin seeds.

Oils made from these foods are much more stable at high temperatures than the poly-unsaturated alternatives, and they do not have the negative health implications. The best oil for cooking is without doubt EXTRA virgin olive oil. I put the 'extra' in caps because it so important.

Most of the mono-unsaturated oils have been through varying degrees of processing. The more processing, the greater is the loss of the nutrients. The best is cold mechanically pressed oils which are often processed in darkness because of the sensitivity of these oils to light and oxidation.

Studies have shown that a quality cold pressed extra virgin olive oil will help lower the bad LDL cholesterol and raise the good HDL cholesterol. However, ordinary virgin olive oil makes no change.

So, only use quality mono-unsaturated oils for your cooking needs.

Where do Omega 3 and Omega 6 essential fatty acids fit into all this?

This is another subject all on its own, so I will just try and give you the outline in a nutshell!

As the name suggests Omega 3 and Omega 6 essential fatty acids are just that... they are 'essential'. Many, many

"Fat... The Good, The Bad and The Ugly!"

ailments can be traced to a shortage of one of these ... specifically Omega 3. There are schools of thought which believe the increasing incidence of brain disease is directly attributable to a shortage of Omega 3. I think that is credible.

There is no shortage of Omega 6 in the typical western diet. In fact there is a general over consumption of this as it is present in most cooking oils. The problem is a deficiency of the Omega 3. The optimum ratio of Omega 6 to Omega 3 is 3:1. Over the last couple of decades that ratio has got out of control where it is now estimated that the ratio is something like 20:1 or maybe even as high as 50:1.

Start adding Omega 3 essential fatty acids into your regular diet. The best natural source is flax seeds. Go to your local health food store and buy some ground flax seeds (preferably organic) and sprinkle a heaped tablespoon on your food every day. You can also get omega 3 from oily fishes such as salmon. The problem there though is the difficulty of getting fish which is 100% free of contaminants.

Warren Matthews is Chairman of Xtend Life Natural Products, manufacturer of Omega 3/DHA Fish Oil Esters. Give your body the DHA and EPA it need in a natural form that can be easily assimilated and free from contaminants. Omega 3/ Fish Oil Esters is available at ... <http://www.InstantEnergyBoost.com>

What Kind of Fat Can You Eat?

By Renee Kennedy

What Kind of Fat Can You Eat? by Renee Kennedy

Research has shown that you not only need to watch the "amount" of fat that you eat in your diet, but also the "types" of fat you eat. This article will help you minimize the negative effects that fat has on your health.

1. Basic Terms:

- "Bad" cholesterol clogs your arteries and causes heart disease.
- "Good" cholesterol helps collect up the bad cholesterol and get it out of your system.
- Saturated fat is "bad fat" that increases the bad cholesterol

"Fat... The Good, The Bad and The Ugly!"

in your body.

- Polyunsaturated fat is "good fat" that lowers both good and bad cholesterol.
- Monounsaturated fat is "really good fat" that helps lower the bad cholesterol, but leaves the good cholesterol alone.
- Fatty acids are the building blocks of fat.
- Trans fatty acids are made in the production of partially hydrogenated vegetable oils used to make margarine and many snack foods and processed foods.
- Whole foods are unprocessed food that occur in nature... nuts, meat, milk, poultry, eggs, fish, seeds, grains, rice, fruits, vegetables.

2. Why Fat is Bad:

Fat is calorie–dense, it contains more than twice the number of calories as carbohydrates. A high fat diet has been linked to several chronic diseases such as cancer and increased risk of coronary heart disease. Saturated fats can increase bad cholesterol.

3. Why Fat is Good:

It gives taste and texture to foods. Unsaturated fats can decrease the bad cholesterol in your body.

4. How Fat in Your Diet Affects You:

Fat in your food can affect you differently depending on your particular health issues.

If you are at risk for heart disease, saturated fat is something you want to avoid. According to the American Heart Association, a heart healthy diet can contain up to 30% of calories from fat, as long as most of the fat is unsaturated. More on the heart–healthy diet: <http://www.nutricounter.com/articles/garrett3.htm>

If you are diabetic, you want to lower the trans fatty acids and raise the polyunsaturated fatty acids. Consider reducing the amount of processed foods and increasing the amount of whole

"Fat... The Good, The Bad and The Ugly!"

foods you consume. More on the diabetic diet:

<http://www.nutricounter.com/articles/garrett4.htm>

If you are on a diet to lose weight, it's a good idea to lower total fat in your diet. Losing weight comes down to the calories in versus calories out and fat has more than twice the amount of calories as other foods.

5. Types of Fat You Should Choose:

- Polyunsaturated fats are found in flax, corn, safflower, soybean, sesame, and sunflower oils. (These nonhydrogenated fats are liquid at room temperature.)
- Polyunsaturated fats found in fish.
- Monounsaturated fats found in olive oil and canola oil.

Read this article for more information on fat in animal meats:

<http://www.nutricounter.com/articles/howard1.htm>

6. Types of Fat You Should Try to Avoid:

- Any type of hydrogenated fat. This is man-made fat and you will find it in snack foods, margarine, bakery products and other processed foods.
- Man made fat substitutes like Olestra (you might find fat substitutes in fat free snack foods). Even if scientific research could solidly prove that fat substitutes weren't hazardous to your health, these products just perpetrate bad eating habits.
- Animal fats including whole milk, butter, poultry skin, and fatty cuts of meat.

Fat doesn't have to be a bad thing if you choose your fat wisely! If you can choose whole foods over process foods, you will be eating a much healthier diet. Also, for any type of special diet, use your NutriCounter (<http://www.nutricounter.com>) to help you keep track of your total fat and saturated fat intake.

Come and visit the NutriCounter web site for more information on how nutrition influences weight loss, diabetes, pregnancy, heart disease and more!<http://www.nutricounter.com>

"Fat... The Good, The Bad and The Ugly!"



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!