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

**What Kind of Fat Can You Eat?**

**By Renee Kennedy**

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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 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.

## What Kind of Fat Can You Eat?

– 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 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.

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– 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>

## **Some Simple Advices about Diet to Fight Rheumatism and Chronic Inflammation**

**By Knut Holt**

Inflammation is a major component in most rheumatic pain conditions or rheumatic diseases, therefore it is advisable to eat a good amount of food that reduces inflammation and reduce the consumption of food that contains inflammatory agents. Here are some simple dietary advices that may help reduce rheumatic conditions:

### **THINGS YOU SHOULD EAT TO REDUCE RHEUMATISM**

Fish, especially fat fish, fish oil, olive oil, walnut oil and raps oil should be a part of your diet. The fat in these types of food, omega-3-poly-unsaturated fat or omega-9-poly-unsaturated fat reduces inflammation. However, if you add these types of oils to your diet, you should reduce the intake of other types of fat, so that you do not get too much fat.

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You should also eat much vegetable, since also these make a body chemistry that reduces inflammation.

### THINGS YOU SHOULD NOT EAT TOO MUCH OF

Do not consume much soy oil and corn oil, since these types of fat increase inflammation. Most food you buy that is ready to eat from a factory or restaurant, contain these types of fat. You should therefore reduce the consumption of food you do not cook yourself.

Bread, cereals and products made of corn or cereals also increase the inflammation response, especially if they contain wheat. Wheat causes a special type of inflammation in the intestines called celiac disease in some individuals, but may also trigger inflammation of non-celiac type. However, full-corn cereals and full-corn bread are valuable types of food, so you should not stop eating them. But if you eat bread or corn products at every meal, you should reduce your intake of these and eat more potatoes, beans and peas.

### THINGS YOU SHOULD IDEALLY NOT EAT AT ALL

You should absolutely not consume fat that has been chemically altered to give it another consistence. This type of fat has a very negative effect on the health and may be very potent inflammatory agents. Margarine, snacks, fast food and ready made cakes or cookies often contain this kind of fat. Unfortunately this type of fat is also often added to bread. A good idea could be to bake your bread yourself.

Knut Holt is an internet consultant and marketer focusing on health items. -----TO FIND natural medicines against common diseases, for example: Over-weight, acne, eczema, hypothyroidism, fatigue, depression, hemorrhoids, joint pain, hypertension, high cholesterol, circulatory problems, digestive ailments, allergies, menstrual problems, respiratory diseases and more, PLEASE VISIT:-----

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