

# FAT Facts 101

A simple guide to understanding the nutritional benefits of fat.



## The Science

Where do it come from? Not all are created equal..

In a healthy adult, fat (or lipids) makes up approximately 18-25% of one's body weight. They are present within our body as triglycerides, phospholipids or sterols. Each have their own unique molecular building blocks. Triglycerides, for example, chains of carbon attached to a glycerol molecule. They are either "saturated" or "unsaturated" with hydrogen atoms, which ultimately leads to their chemical classification and determines how they are recognized and used. Below I have outlined the three ways the fats are present within the body, and to the right are suggestions for which types of fats you should include and eliminate from your diet.

1

### TRIGLYCERIDES

99% of fat stored within body cells. Composed of 3 fatty acids and a glycerol backbone.

2

### PHOSPHOLIPIDS

These form our cellular membranes. Composed of 2 fatty acids and a phosphate.

3

### STEROLS

Ring-like structures formed from hydrogen and carbon. These make up cholesterol.



### Saturated Fats

Solid at room temperature & are best for cooking use. Sources: grass-fed butter, ghee, coconut oil, lard, palm oil, dairy, beef tallow, eggs.



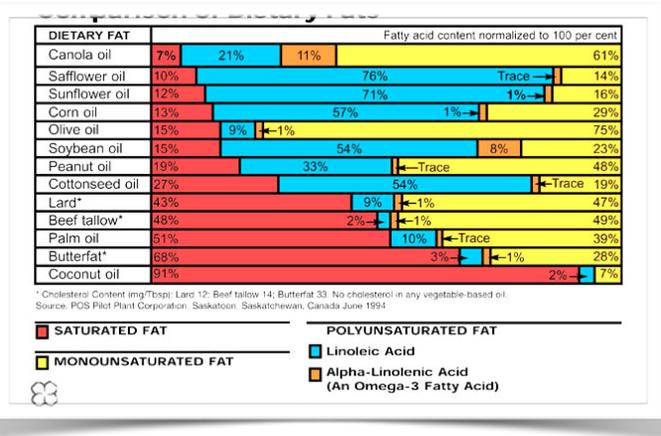
### Monounsaturated Fats & Omega 3s, 6s, 9s.

Essential for brain health and cellular function. Make sure you are consuming regularly, best not to heat to high temperatures. Sources: avocado, salmon, eggs, walnuts, almonds, nut butters, olive oil.



### Polyunsaturated Fats

Eliminate! When hydrogenated, heated, exposed to light or aged for a long period, these become trans fats which create free radical damage within the body. Sources: fried/highly processed foods, margarine, canola oil, vegetable oil, soybean oil.



example, essential fatty acids (EFAs) Omega 3s and 6s are considered as such because our bodies are unable to manufacture them. Thus, it's critical that they come from our diet.

**“So how much fat should I be consuming each day...and what about cholesterol?”**

According to the 2015 USDA Guidelines for Americans, everyone should be including healthy fats into their diet on a daily basis. Exactly how much fat an individual should consume varies depending on lifestyle, medical conditions, overall health and fitness goals. Regarding cholesterol, it's important to remember that this is an essential building block within our bodies. Research tells us that daily intake of whole dietary sources of cholesterol (such as that found in egg yolks), will *not* increase your blood LDL cholesterol levels, but may increase your good HDL cholesterol. However, like everything, this is something you don't want to over do. Blood cholesterol levels are more heavily influenced by other lifestyle factors such as excessive consumption of trans fats and rancid fats, chronic inflammation, reduced activity levels, poor cardiovascular health and genetics. In summary, recommendations for fat consumption, and *types* of fat to consume may vary greatly among individuals due to our biochemical diversity. Generally speaking, an adult may shoot for 20-30% of energy intake (total daily calories) from fat. Choose wisely! \*Are you in a *ketogenic* state, or burning fat for fuel? Your total fat intake is likely much higher, which is perfect when done correctly. Want to learn more? Contact me!

## Fats & Food

### Why do I need to eat fat? Won't it make me fat?

When compared to carbohydrates and protein, fat provides more "bang for your buck" as far as energy value goes. 1 gram of fat yields 9 kilocalories (kCals), where as carbohydrates and protein both provide 4 kCals per gram. This is why it is recommended to monitor our fat consumption so that we don't exceed our daily caloric needs. Fat, alone, will not make you fat. Being in caloric excess and not providing your body with the proper nutrition to function optimally can make you fat. As previously mentioned, the body uses fats in three forms which are each comprised, in part, by fatty acids or sterols. It is important that we are incorporating the correct fats within our diet so that our bodies may function efficiently to create these fatty acids. For

## TIME FOR AN 'OIL CHANGE'?

Hopefully this information has inspired you to make a positive change for yourself and your family's health. I challenge you to take a look inside your pantry and take a few steps towards healthier living:

**Step 1: Throw away any items that are old, or that contain trans fats.** Check your food labels for terms such as "trans fats, partially hydrogenated, soy bean oil, canola oil, vegetable oil, margarine."

**Step 2: Visit your local farmer's market, grocery or health food store and invest in healthy fats.** Replace your old fats with good ones including: organic un-refined coconut oil, ghee, grass-fed butter and 100% olive oil.

**Step 3: Educate friends and family!** Lead by example by making fat-friendly dishes or telling others about what you've learned. If you have questions, feel free to contact me at [perri@nutritiontalk.co](mailto:perri@nutritiontalk.co)

