

A GUIDE BY REBECCA HUFF
THATORGANICMOM

good fats



EATING GOOD FATS FOR A HEALTHIER, LEANER BODY



Good fats, bad fats

AREN'T ALL FATS THE SAME?

Not all dietary fat is the same. While unhealthy fats can wreck your diet and increase your risk of certain diseases, healthy fats work to protect your brain and heart.

Healthy fats—such as omega-3s—are indispensable to your physical and emotional health. Understanding how to include more healthy fat in your diet can help improve your mood, support your well-being, and reduce your waistline.

Wait a minute, what? Eating fat can reduce the waistline? So many people have a fear of fat. When told to eat things like nuts, eggs, avocados, and coconut oil most people think they will start to gain weight. If that's you, don't worry, you're not alone!

When the "fat-free craze" hit America, our food supply changed...for the worse. Growing up, I vividly recall when the fat-free diet became a "thing" seeing fat-free cookies (still full of sugar), salad dressing, and other fat-free items on the supermarket shelves became more and more common.

People I knew followed the fat-free diet and lost weight. However, the weight loss left them looking aged, the skin was a bit dry and saggier than before, and the healthy glow was gone.

The healthy look that was missing was an indication of something going terribly wrong in the body. Many folks following the fat-free diet started experiencing problems focusing, memory problems, dry skin and hair, brittle nails, sleep deprivation, and even allergies!



For decades now authorities have been promoting misinformation about our health, what fats to consume, and what happens if we avoid all fats. All of this conflicting information can make it confusing to understand which fats are good for us and which ones we should avoid.

Note that the common saying "a calorie is a calorie" is false. The equal amount of calories in an avocado vs. French fries does not equal the same nutrient content. The calories are also different in how they affect our mood, our metabolism, our hormone production and even our cravings! Food affects your body at every level.

We have been warned about saturated fats while hydrogenated oils have been added to many of our food products. Hydrogenated oils are unsaturated fats that have been altered to become saturated fats. You've probably heard this called trans fat. Products with trans fats can put you at risk for diseases like diabetes, cancer and heart disease.

It turns out that the low-fat craze was founded on a bit of misinformation. The science behind "low-fat" was never proven.

New research comes out nearly every day busting the fat myths yet changing the "low fat" recommendations have been slow. So, it's no wonder that convincing people that what they have been taught about fats is incorrect.

Healthy fats are necessary for your brain to function properly. Omega-3 fats are essential for proper brain function. Still, most people aren't getting enough omega-3 fat in their diet. Why? Because omega-6 fats, like vegetable oils, are being promoted as healthiest and therefore most people eat a heavier portion of omega-6 than omega-3.

The ratio that is ideal for humans is more balanced, so it is important that we pay particular attention to the ratio of fats we are consuming. If necessary, we can reduce the amount of omega-6 intake and increase the omega-3 intake to have a more balanced scale of fats in our diet.

When increasing the amount of omega-3 rich foods we eat, often some of the symptoms we were experiencing will improve. This is not uncommon.

Omega-3 deficiency could lead to:

- Allergies
- Arthritis
- Brittle hair and nails
- Dry skin
- Depression
- Fatigue
- Lack of concentration
- Memory Problems
- Mental fog
- Poor quality sleep

How do we increase intake of omega-3 and keep it balanced with our omega-6 consumption?

Hitting the right balance of fats can be achieved by increasing the amount of healthy fish we consume. For example, anchovies, sardines, and Wild Alaskan Salmon are good sources of omega-3 fats and are also lower in toxins than other fish.

Krill oil can be used to supplement the diet by those who dislike the taste of fish. Krill oil doesn't cause the fishy burping that many fish oil supplements do. Also, krill oil has an antioxidant called astaxanthin that preserves the fat and prevents it from oxidizing. Astaxanthin is also good for making your skin less prone to sunburn.

Fats to incorporate

Anchovies
Atlantic Herring
Olives/olive oil
Raw nuts (especially macadamia and pecans)
Coconuts and coconut oil
Ghee
Butter from grass fed milk
Grass-fed meat
Sesame seeds
Krill Oil
Wild Salmon
Eggs
Raw Cacao Butter
Red Palm Oil
Avocado Oil



AVOCADOS

SHOULD YOU BE EATING THEM?

Deliciously healthy, avocados are nutrient rich. Not only are they loaded with rich fat but are also an excellent source of fiber. They are packed with nutrients such as folate, vitamins B6, C, E, K as well as selenium and zinc. Added bonus: they are low in carbohydrates and sodium!

The fats in avocados are mono-unsaturated, similar to olive oil. These MUFAs (mono unsaturated fatty acids) found in avocados are known to lower the risk of heart disease and other health risks.

Following a low carb diet? Avocados are perfect with only 160 calories, 2 grams of protein and 15 grams of healthy fats. Although it contains 9 grams of carbs, 7 of those are fiber so there are only 2 “net” carbs are counted.

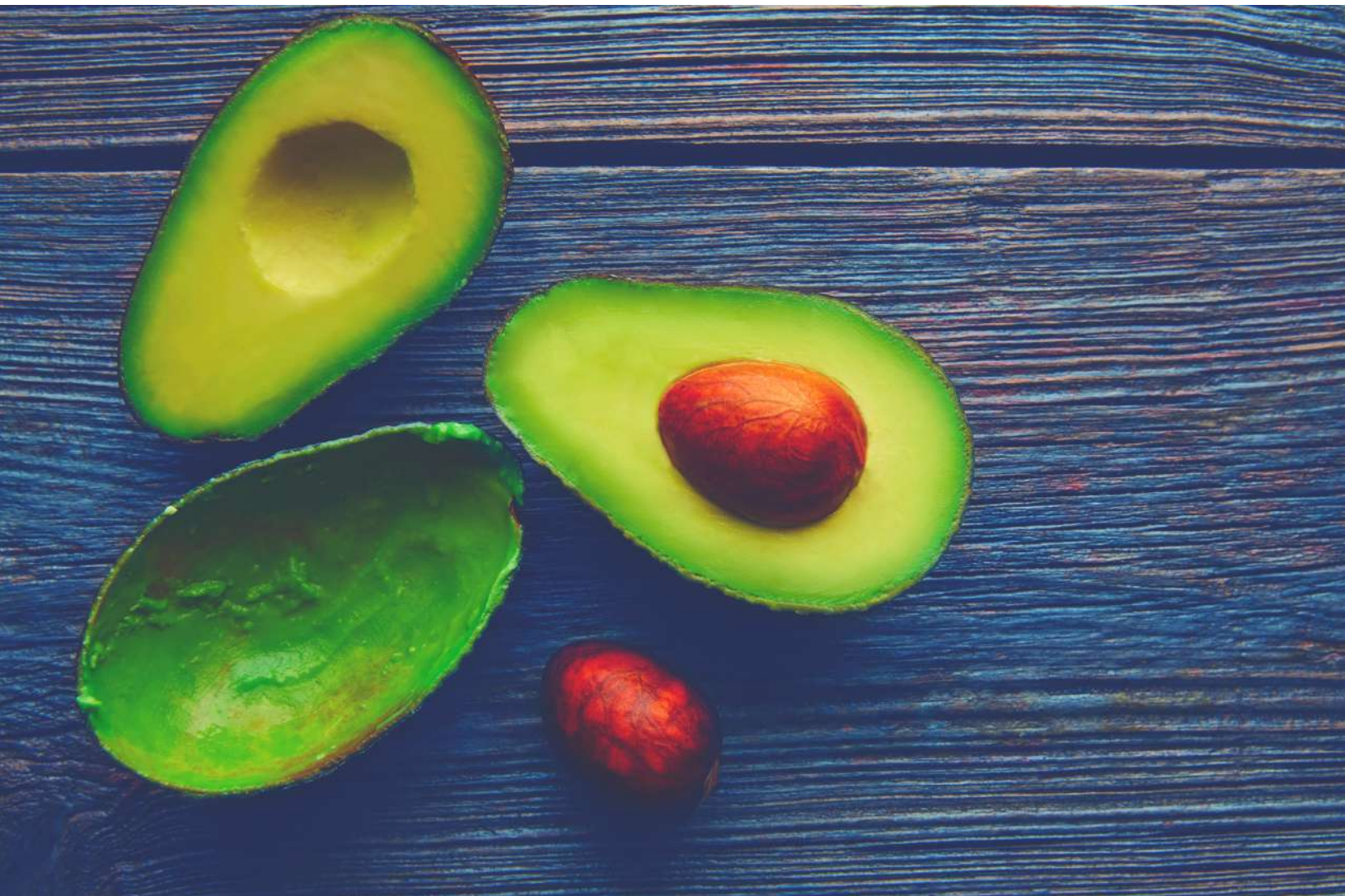
Cholesterol and sodium free, they are also low in saturated fats. When people think about potassium they always think of bananas however, avocados have 14% of the RDA compared to 10% in a serving of banana.

Avocados are considered an anti-inflammatory food. Reducing inflammation in the body also lowers your risk of certain cancers as well as joint pain and other diseases.

Research shows that these smooth green fruits help to fight off cancers such as prostate, skin and mouth cancers. Because of their anti-inflammatory properties they also fight arthritis, gingivitis, and promote wound healing.

Skin diseases such as scleroderma and psoriasis can also be improved by consuming the might avocado. They do this via these five nutrients: phytosterols, carotenoids, antioxidants, omega 3 fatty acids, and polyhydroxylated fatty alcohols (PSAs).





Lutein and Zeaxanthin, two antioxidants found in avocados, are extremely important for long term eye health. they actually lower the risk of cataracts and macular degeneration which can afflict the elderly. In addition some studies have shown that the nutrients in avocados may lower the unpleasant side effects of chemotherapy.

Eating avocados with other plant foods can actually improve your absorption of the nutrients of antioxidants up to 15 times better. Due to this, consider adding this mighty fruit to your salads. Avocados are not just for guacamole anymore! You can enjoy them on dips, in salads, blended into smoothies and on sandwiches. Mix one avocado with 1 cup of low fat yogurt adding a dash of salt and you've got a great dip for veggies or with a few herbs and spices you can use it as a fabulous salad dressing!

Next time you have a cookout try adding some avocado slices to your bun instead of mayo and cheese. Avocados are a great addition to salsa or a delicious topping for any type of eggs. Try replacing the mayo with avocado the next time you make deviled eggs.



Olive Oil is a tasty topping!

A while back, I got turned on to Red Palm Oil. I'd say the flavor of Red Palm Oil is something that you have to get used to unless you like really earthy foods but the benefits are definitely worth the effort!

To name a few:

Alzheimer's Disease
Cancer prevention and treatment
Macular Degeneration
High Blood Pressure
High Cholesterol
Vitamin A Deficiency
Depression, Bipolar, and Schizophrenia
Parkinsons Disease
Supports neurological health
Skin health (such as treating active cancer)
According to research, it reduces chronic inflammation and prevents stroke.

- Decreased breast cancer risk – A study of women in Sweden found that those whose diets were higher in monounsaturated fats (compared to polyunsaturated fats) showed less frequent incidence of breast cancer.
- Reduced LDL or “bad” cholesterol level
- Lower risk for heart disease and stroke – Diets high in MUFAs are linked to a healthy heart and fewer strokes.
- Weight management – Research has found that switching to monounsaturated fat from diets with trans fat resulted in weight loss.
- Less severe pain and stiffness for rheumatoid arthritis (RA) sufferers
- Reduced belly fat – A study by the American Diabetes Association linked diets with monounsaturated fat with better belly fat loss than high carbohydrate diets.

While EVOO is ideal as a salad dressing it should not be used for cooking, as it can be easily damaged by heat. Polyunsaturated fats, (which include common vegetable oils such as corn, soy, safflower, sunflower, and olive oil) should not be used in cooking.

Although mainstream media and TV Chefs portray olive oil or EVOO as the healthiest oil, unfortunately this title does not extend to cooking! So, don't reach for the olive oil when cooking.

You see, because olive oil is primarily a monounsaturated fat, (simply stated: it has one double bond in its fatty acid structure). Think of oxidation in your body like rust on your car. Oxidation can create “free radicals,” which can often cause damage that can raise our risk for heart attack, stroke, cancer and other problems.

Ironic isn't it? EVOO is heart healthy yet the very act of heating it too much can cause heart disease. Now don't get me wrong, please understand EVOO can be healthy, but only when consumed properly. So, how do you use it in a way that promotes health instead of destroying your health?

While olive oil is a smart fat to include in your diet in a non-heated form like in a salad dressing, when it is heated to over 200 to 250F it runs the risk of creating oxidized oil that can do more harm than good in your body.

If you're cooking over high heat, do not choose olive oil. Olive oil has a lower smoke point—the point at which an oil literally begins to smoke (olive oil's is between 365° and 420°F)—than some other oils.

When you heat olive oil to its smoke point, the beneficial compounds in oil start to degrade, and potentially health-harming compounds form.

It's not as easy as just grabbing some canola or vegetable oil, either. Most of the canola oil in the United States is made from genetically-modified canola seeds so let us skip the canola oil.

The majority of vegetable oils available in the US are made from genetically engineered crops, and they're heavily processed on top of that.

So not only are the polyunsaturated fats being oxidized, but these oils also contain other toxins, such as glyphosate and Bt toxin found in genetically engineered corn and soy.

Glyphosate is the active ingredient in the broad-spectrum herbicide Roundup, which is used in very large amounts on all of these crops. There are a number of reasons for avoiding vegetable oils, but the fact that they're oxidized is clearly a high-priority one.

Remember that an important factor in choosing the right oil for cooking is that most vegetable oils are high in omega-6 fats and it is the ratio of omega-3 to omega-6 fats that plays a powerful role in determining many illnesses as mentioned previously.

Make the switch to healthier oils because if you are consuming large amounts of vegetable oils you will seriously distort this vital ratio and increase your risk of many degenerative diseases.

How to select olive oil

Purchase your olive oil in a smaller container. Research studies have shown compromise in the nutritional quality of olive oil after two months' period of time, even when the oil was properly stored.

Purchase your olive oil in a dark container, that way it will not be affected by light, which can cause it to oxidize.

Purchase olive oil that has not been blended with other oils. Check the “ingredients” section! Make sure to check the dates on your olive oil container, some will list the harvest date, try to find one that is within the last two years.

You really need to know the when, who, where of your oil! So check for the harvest date, the producers name, and where the olives were grown. Again, olives are fruit and like with any other fruit, air, heat, and light will cause olive oil to turn rancid. So look for the harvest date, buy in small dark containers and use within a few months.



What should you be cooking with?

If you are preparing a dish with an Asian flair try using toasted Sesame oil. Sautéing vegetables for a stir fry, why not try coconut oil?





What's wrong with butter?

ABSOLUTELY NOTHING.

Believe it or not, butter is better for your brain! According to Sally Fallon, author of *Nourishing Traditions*, butter provides the brain with the nutrients it needs. Nutrients such as:

Cholesterol: The highest concentration of cholesterol occurs in the brain, where it plays an especially important role in memory formation. Seniors with the highest cholesterol levels have the best memory function. Cholesterol also plays a major role in regulating serotonin levels in the brain – low cholesterol levels are associated with depression, anti-social behavior and even suicide.

Saturated Fats: The brain contains high levels of saturated fats, both in the cell membranes and in the mitochondria. Saturated fats are stable and don't create damage in the brain like poly-unsaturated fats do.

Arachidonic Acid: Eleven percent of your brain is composed of arachidonic acid (AA), a type of omega-6 fatty acids found exclusively in animal fats like butter. A supply of AA is critical to neurological development in the infant.

Vitamin A plays a key role in vision and all sensory perception. Butter is an excellent source of vitamin A.

Vitamin D is critical to neurological function and protection against depression. Butter provides vitamin D.

Vitamin K supports neurological function and learning. Butter provides vitamin K.

DHA is an omega-3 fatty acids especially concentrated in the brain. Seafood is a good source, but butter provides it also.

Choline is critical for the formation of glial cells. Butter is an excellent source.

Butter substitutes like margarine and spreads do not supply these critical nutrients (although many brands have vitamins A and D added); in addition, these industrial products contain rancid oils that can really damage your brain and interfere with learning ability in growing children.



What other oils can I cook with?

Ghee is another wonderful cooking fat. Infused with the rich flavor of butter minus the milk solids. Ghee is very versatile and can be used in high temperature cooking. It has been used as a traditional Indian cooking fat for thousands of years. Excellent for baking.

Coconut oil is a highly stable saturated fat known for its antioxidant, antimicrobial, antibacterial and anti fungal properties. In addition, coconut oil can help with insulin control as well as protect against liver damage.

I especially like coconut oil for baking. Whenever you need a cooking oil, a good-quality coconut oil can be used in place of any other oil type, for any kind of recipes.

You might want to try macadamia nut oil if you don't like the taste of coconut. Macadamia nut oil is very mild in flavor and can be used in cooking.

Avocado oil has a very high smoke point and a mild taste. I have used it in cooking as well as making homemade mayonnaise.

I sometimes use grape-seed oil when making homemade mayo as the health benefits are wonderful in this often little known about oil.

Red Palm oil is also a healthy oil, I use it in stir-fry dishes... so yummy! Totally safe to heat and eat. There are many more benefits of using red palm oil.



What oils should I avoid?

Corn oil
Canola oil
Hydrogenated or partially hydrogenated fats
Margarine
Shortening
Factory Farmed Animal fats
Non organic poultry
Lobster
Tuna
Catfish
King mackerel
Chilean sea bass
Swordfish
Safflower oil
Soybean oil
Sunflower oil
Cottonseed oil
hydrogenated or partially hydrogenated oils
Margarine
Shortening

Remember, we are looking to add quality fats. That means the bacon cheeseburger from your local fast food joint is still not going to be a good option.

In addition, if you are trying to lose weight it is a good idea to eat healthy fats. Avoid combining fats with carbohydrates.

It's also important to eliminate processed foods. These are high in things that are destroying your health: sugar, carbs, and dangerous types of fats. Learn to recognize labeling tricks designed to hide trans fat content. Don't just look at the "trans fat" line in the nutrition facts.

Always check the ingredient list and look for partially hydrogenated oil. If the product lists this ingredient, it contains trans fat.



The Super Stellar Benefits of Red Palm Oil

A while back, I got turned on to Red Palm Oil. I'd say the flavor of Red Palm Oil is something that you have to get used to unless you like really earthy foods but the benefits are definitely worth the effort!

To name a few:

- Alzheimer's Disease
- Cancer prevention and treatment
- Macular Degeneration
- High Blood Pressure
- High Cholesterol
- Vitamin A Deficiency
- Depression, Bipolar, and Schizophrenia
- Parkinsons Disease
- Supports neurological health
- Skin health (such as treating active cancer)

According to research, it reduces chronic inflammation and prevents stroke.

Red palm oil has many positive attributes in that it contains the most abundant amount of vitamins A and E of any plant-based oil. Vitamins A and E are said to be excellent for everything from killing cancer cells to preventing strokes. In addition, it is considered an amazing source of Coenzyme Q10 a nutrient needed for cell energy.

Make sure you are getting unrefined, cold pressed Red Palm Oil because sadly even these amazing benefits can be destroyed by heat refining.

Some ways I use Red Palm Oil:

- In curry recipes
- Stir fries
- As a moisturizer – it actually gives the skin a nice healthy glow as well
- Pan fried potatoes (mostly for my children) since it's smoke point is 302 degrees it is useful for the occasional fried meal
- Makes a mean gluten-free BBQ sauce

Grown up Green Eggs and Ham



- 4 eggs plus
- 16 oz carton of egg whites
- 1 firm avocado, chopped
- 1/2 cup ham, chicken or turkey
- 6 slices bacon or turkey bacon, cooked well done, then crumbled
- 4 ounces blue cheese crumbles
- 1/2 cup green onions, bias sliced
- Salt and Pepper to taste

Beat eggs in a bowl, season with salt and pepper.

Gently stir in chopped avocado, meats, cheese and green onions.

Spray skillet with coconut oil spray or lightly brush with butter whichever you prefer.

Over medium high heat, scramble eggs until desired doneness is reached.