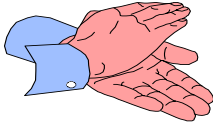


## GOOD FATS / BAD FATS

It is important to get the majority of dietary fat from GOOD FAT sources.



**GOOD FATS:** These should be 20-25% of total calories consumed. These fats are “anti-inflammatory”. A little “good fat” should be included at each meal.

*These include:*

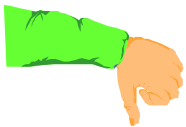
Fatty cold water fish (salmon, mackerel, trout, sardines, tuna, and anchovies). All fish contains good fat, but the fattiest fish is the highest in omega-3 fats.

Cold pressed, unrefined olive and rice bran oils for cooking. Flaxseed oil is an excellent source of essential fatty acids. However, it becomes rancid quickly and should be stored in a black bottle, in the refrigerator. Once opened, whatever is not used in 30-45 days, should be discarded. It cannot be heated and should only be added raw to foods.

RAW seeds such as sunflower seeds, pumpkin seeds, sesame seeds and *raw* nuts such as almonds, cashews, pecans, walnuts, flaxseeds and *raw* nut butters.

Eggs should be from free-range chickens, or omega 3 enhanced. These eggs are 30% essential fatty acids, lower in saturated fat, and have a much better fat composition than commercial eggs.

Other good fat foods include avocado, ground flaxseeds, soybeans and other beans.



**BAD FATS:** Consume as *little as possible* of these – they are “pro-inflammatory”.

*Saturated fatty acids* are found in all food fats and oils. EXCESS saturated fatty acids can cause or worsen health problems such as heart disease, and diseases of inflammation such as allergies, arthritis, auto-immune disease, etc., because they are “pro-inflammatory”.

***Saturated fat is high in red meats (such as beef and pork) and in dairy products.***

White meat of chicken and turkey and all wild game, is low in saturated fat.

Tropical oils such as cottonseed, coconut and palm oil are high in saturated fats.

Limit use of other oils such as cottonseed, palm, soybean, corn, sunflower, safflower.

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*"Trans" fats* are the worst fats and the body has no need or use for them. These include margarine, shortening, lard, refined oils, roasted nuts and seeds, fats in ***processed and packaged foods*** such as hydrogenated and partially hydrogenated fats and oils in packaged and processed foods.

**BEST OILS TO APPLY TO SKIN:**

Almond, apricot and prune oils. Eating good fats is also good for the skin.