

eat fat, lose fat

Healthy fats are extremely important for good health and are our main source of energy! I personally think the word “fat” should be changed, as it has such a negative association with it! When we hear the word “fat”, we want to run 100 miles away! But the fact is, without fats, we could not survive. They make our cell walls flexible and permeable, 60% of our brain is fat so it is highly responsible for our mental health, fats balance and control our hormones, ensure we have healthy digestion, help protect our liver from toxins, it is the preferred food for heart health and fats help support our immune system.

When you eat fat, your body recognises to use this as its primary source of fuel. It signals to your body to access stored fat and use this for energy as well. Fats leave you feeling fuller for longer, eating less and most importantly it stabilises your blood sugar levels. Stable blood sugar levels mean less insulin (fat storage hormone) production, less stress and in turn your body starts to burn into your stored fat, particularly around your belly.

Our misconception about fats, was founded in the 1950's by a scientist called Ancel Keys. Ancel Key's had a hypotheses that eating fats contributed to coronary heart disease, so he decided to do a study to prove his theory called the 'Seven Countries Study'. Keys performed his study, testing his hypotheses on 22 different countries. However, out of the 22 different countries, only 7 countries came back showing support for his theory. So as any good scientist does....he ditched the findings of the other 15 countries and only published those of the 7 countries! And what did we do as a society?....we awarded him with the Nobel Peace prize, put him on the cover of Time Magazine and based our nutritional principals over the past 60 years on these findings, which meant manufacturing companies started taking the natural fats out of foods and pumping them full of sugar to enhance flavour...hence the many health problems we have today in modern society.

Throughout these 4 weeks, you will see that there are a lot of healthy fats included in each meal and as snacks. These healthy fats include saturated, polyunsaturated and monounsaturated fats. The fats you want to try stay away from are your trans fats and hydrogenated fats.

HERE ARE A FEW EXAMPLES OF GOOD FATS YOU SHOULD INCLUDE EVERY DAY AS PART OF A HEALTHY DIET;

- Olive oil (do not heat to high temperature as it becomes rancid)
- Avocado oil, Macadamia oil, Rice bran oil, Coconut oil (can heat to high temperatures)
- Salmon
- Fish

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- Sardines
- Flaxseeds or flaxseed meal
- Eggs
- Ghee
- Organic butter
- Nuts (almonds, walnuts, cashews, brazil)
- Nut butters
- Chia seeds
- Avocados
- Fatty meats