

GOOD FATS

Turns out, not all fats are bad!
Some even promote good health.
Knowing the difference helps you gain
success in your diet.

Fat plays a vital role in our health
and it is required to build and
maintain our cell membranes.

They are important for our skin,
hair, eyes, heart and brain.

Fats help make certain hormones
especially those involved with
reproduction. In fact a sign of fat
deficiency can be the loss of your
menstrual cycle as the body
needs a minimum of between
11-17% of fat (depending on the
individual).



There are different types of fat which includes:

- **Unsaturated fats** including Monounsaturated (MUFA) and Polyunsaturated (PUFA). Polyunsaturated oil includes the omegas 3 & 6.
 - **Omega-3-fatty acids** are found in oily fish, walnuts, evening primrose oil, flaxseeds
 - **Omega-6-fatty acids** are found in safflower oil, soybean oil, sesame seeds and hemp seeds
 - **Monounsaturated fat** includes avocados, olive oil, cashews and almonds.



- **Saturated fats** includes Medium chain fatty acids (MCFA). Saturated fats include products like butter, coconut oil (both considered MCFA), red meat and some processed foods.
- **Trans fats** - are unsaturated fats that have been processed. Trans fats are found in processed products like deep fried foods, commercial baked products. This kind of fat is not healthy as it has been chemically altered. This includes Canola Oil, Sunflower Oil and any oil that has been heat treated. So stay away from those big cheap bottles of oil at the supermarket.

RDI for Fats.

- The simple answer is between 20–35% of energy intake per day.
- But this refers to good fats. There are RDI's for each Omega as well.
- If you are taking fish oil tablets you would adjust your dose depending on your diet.
- If you suffer with wax build up in your ear, this can be a sign of essential fatty acid deficiency

