



## Fat

Does fat make you fat?

Of course not...TOO MANY CALORIES MAKES YOU FAT. PERIOD.

There are several types of fat and you should eat a variety of most fats, and minimize others. These different types of fat are noted below.

### **Polyunsaturated**

Sources: fatty fish, walnuts, chia seeds, flax seeds, vegetable oil, safflower oil, canola oil and other industrial seed oils, etc.

About: You consume both anti-inflammatory omega-3 and inflammatory omega-6 fatty acids in your diet. The name of the game is balancing the two. A healthy diet should consist of at least a 1:5 ratio of omega 3 and omega 6 fatty acids respectively.

## **Monounsaturated**

Sources: olive oil, avocado oil, macadamia nuts, avocados, etc.

About: Monounsaturated fats are the only category of fats that have not been demonized in any way. These fats have been an essential component of the famous Mediterranean Diet. These fats have been shown to aid in the prevention of heart disease and promote longevity. When in doubt, you can never go wrong with monounsaturated fats!

## **Saturated Fatty Acids**

Sources: animal fats, butter, coconut oil, lard, MCT oil

About: Saturated fatty acids are essential for the production of testosterone as well as for several metabolic processes in the body. Saturated fats have long been demonized for contributing to heart disease since the theory was established in the 1950's by Ancel Keys. However, this theory was *never* founded on clear research. Since then, the Framingham Heart Study (please google and read this famous longitudinal study if you're interested in more) showed no correlation with an increased intake of saturated fats and risk of heart disease. Despite this, the Academy of Nutrition and Dietetics continues to advise to keep intake of saturated fats to  $\leq 7\%$  of total calorie intake. There's still a lot of work to be done to get rid of the mindset that Ancel Keys started decades ago, but we believe things are heading in the right direction with more and more public awareness over the benefits of saturated fats.

## **Trans-Fatty Acids**

Sources: processed foods, fast food, margarine, cakes, cookies, microwave popcorn, donuts, etc.

About: The majority of trans fats are man-made fats. It is widely agreed upon that trans-fats have detrimental effects on the human body. The majority of trans fats are man-made fats. There are some natural trans-fats in meat and dairy products, but there is no evidence to show that these fats have the negative effects on health as observed from the man-made trans-fats. If you stay away from processed foods, then you're already probably doing a great job of steering away from trans-fats.

More info on fats...

Fatty acids can be joined together to form something called a triglyceride, basically a fancy word for the main type of fat in our diet as well as the major storage form of fat in your body. Triglycerides are made up of a combination of monounsaturated, polyunsaturated, and saturated fats.

For example...

Beef typically contains about 55% saturated fat, 40% monounsaturated fat, and 5% polyunsaturated fat.

Eggs typically contain 40% saturated fat, 40% monounsaturated fat, and 20% polyunsaturated fat.

Why is fat essential?

- Dietary fat provides 2 essential fatty acids that the body can't create by itself: linoleic acid & alpha-linoleic acid (omega-6 & omega-3 fatty acids)
- Provides you with energy, 9 calories per gram
- Helps with the transportation of your fat-soluble vitamins A, D, E, & K
- Manufacturing and balancing hormones
- Helps form your cell membranes, brain tissue, and nervous system

What fats should you include in your diet?

We are a big fan of extra virgin olive oil, avocado oil, coconut oil, grass fed butter, fish, and flax & chia seeds. Dependent upon the person, other nuts, avocados, olives, and seeds can be great options as well.

If you prioritize eating an adequate amount of fat each and every day from high quality sources, your health, aesthetics, and performance will thank you!

By now, you should know exactly how much fat you need to eat per day, the quality of fat that you should be buying, and why fat is important for health, aesthetics, and performance.