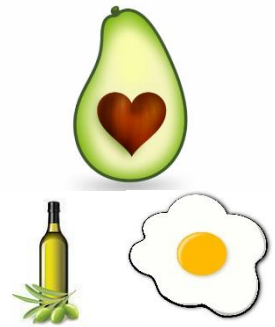


Why We Need Fats (and where to get them)!

Healthy fats play an integral part in our overall health and wellness. In fact, the long held dietary guidelines that recommended limiting our intake of dietary fats and cholesterol quite possibly contributed in large part to the overwhelming incidence of chronic conditions, including cardiovascular disease, in our modern age.¹ The issue regarding dietary fat and disease was never so much about the *amount* of fat we consume as it is about the *types* of fat we've been consuming. This quick guide should help clear up any confusion.



Why is Fat Important?

Cellular Health- Every single cell membrane is comprised of a double layer of fatty acids. This layer acts as a barrier and transport mechanism between the inside of the cell and the outside. If the bi-layer is compromised by poor quality fat, the tissues comprised of them do not function properly. With inadequate amounts of fat, you lack the building blocks necessary for cell production.

Hormone Production- Fats are integral to the production and regulation of many hormones including sex hormones like testosterone, estrogen and progesterone, as well as the thyroid hormones that regulate all metabolic function in your body.

Flavor- A little butter on your veggies makes them taste that much better. Need I say more?

Absorption of Vitamins- Fat soluble vitamins like Vitamins A, D, E and K are essential to health and are only absorbed when there is adequate intake of dietary fats.

Inflammation Regulation- Fatty acids are the precursors to the hormone-like prostaglandins that are necessary for the regulation of both inflammation and anti-inflammation. "Bad" fats drive the production of the PGs that increase inflammation while "Good" fats increase anti-inflammatory PGs.

Sustained Energy- While carbohydrates are great for providing quick fuel for short durations, fats are a much more sustaining source of energy. Increasing dietary fats can stabilize energy levels while reducing the need to snack throughout the day in order to feel good. Fats do not require the production of insulin and thus, help regulate blood sugar levels and can protect against the development of diabetes. Fat is actually the preferred fuel source for the heart!

Liver Health- Fatty acids are essential for the production of bile. Bile is the substance secreted by the liver that breaks down dietary fats for absorption. Bile is also required to eliminate toxic byproducts of metabolism from the body.

Healthy Sources of Dietary Fats

Cooking Fats/Oils (from grass-fed & pastured animals)

- * Butter / clarified butter / ghee
- * Cocoa butter
- * Coconut oil
- * Duck fat
- * Lamb fat
- * Lard / bacon grease (pork fat)
- * Olive oil
- * Palm oil / red palm oil
- * Schmaltz (chicken fat)
- * Tallow (beef fat)



Cold Use Oils (cold-pressed or extra-virgin from reputable sources)

- * Avocado oil
- * Flax oils
- * Olive oil
- * Nut & Seed butters / oils
- * Macadamia nut oil
- * MCT oil (from coconut oil)
- * Sesame oil
- * Walnut oil



Food Sources (preferably organic or from pastured animals)

- * Avocados
- * Coconut
- * Dairy-cow, goat, sheep, etc. (full fat)
- * Dark chocolates
- * Eggs (pastured)
- * Fish, especially salmon and tuna (source sustainably)
- * Nuts & seeds, including butters
- * Meats- beef, chicken, duck, pork, lamb, etc. (grass fed or pasture raised)
- * Olives

¹Campbell-McBride, Dr. Natasha, MD. *Put Your Heart in Your Mouth*. 9th ed. Cambridge: Medinform Publishing, 2013. Print.