



SUGAR, FATS AND OILS

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WHAT TO CHOOSE



As a clinical nutritionist, I understand that fats, oils, and sugars play a crucial role in our overall health and well-being. However, not all fats, oils, and sugars are created equal. Some are beneficial to our body, while others can contribute to chronic conditions such as heart disease, diabetes, and obesity. This manual provides a comprehensive guide to the types of fats, oils, and sugars you can incorporate into your diet for optimal health, as well as those you should avoid. By understanding the differences between healthy and unhealthy fats, oils, and sugars, you can make informed choices to enhance your energy, support heart health, and maintain a balanced weight. Whether you're planning meals or looking to improve your eating habits, this manual is an invaluable reference to help you navigate your choices and empower you to live a healthier life. Keep it handy for practical and easy-to-follow guidance on a daily basis.

Naomi

OILS

Good oils, such as olive oil, avocado oil, and coconut oil, are rich in monounsaturated and polyunsaturated fats, which are essential for maintaining heart health, reducing inflammation, and supporting brain function. These healthy oils provide vital nutrients like omega-3 and omega-6 fatty acids, which are crucial for cellular repair, hormone regulation, and immune function. Additionally, these oils help absorb fat-soluble vitamins such as vitamins A, D, E, and K.

Incorporating healthy oils into your daily diet is simple and versatile. You can use olive oil for salad dressings, drizzle it over roasted vegetables, or add it to pasta dishes. Avocado oil is excellent for high-heat cooking like sautéing and grilling. Coconut oil can be used in smoothies, baking, or cooking stir-fries. By replacing unhealthy oils like trans fats or saturated fats with these healthier options, you can make a significant positive impact on your overall health without sacrificing flavor or convenience.



INCLUDE

Avocado and Avocado oil
Flaxseed (linseed) oil
Butter
Macadamia oil
Extra virgin olive oil
Nuts and seeds
Nut butters
Hemp oil
MCT oil
Pumpkin seed oil



LIMIT

Sunflower oil
Canoila oil
Peanut oil
Rapeseed oil
Soybean oil
Corn oil
Margarine
or butter substitutes
Palm oil
Cottonseed oil

Incorporating these oils into your diet can offer a range of health benefits, including improved heart health, reduced inflammation, and better brain function.

These oils are often highly refined, processed with chemicals, or contain trans fats, all of which can negatively affect your health by raising bad cholesterol, increasing inflammation, and increasing the risk of chronic diseases. It's best to limit these oils and focus on healthier, less processed options.

FATS



Fats have long been associated with health risks, particularly when consumed in excess or in unhealthy forms. Saturated fats and trans fats, found in foods like processed meats, fried foods, and baked goods, can contribute to elevated cholesterol levels, leading to an increased risk of heart disease, stroke, and other cardiovascular problems. These fats can also promote inflammation in the body, disrupt hormone balance, and contribute to obesity by increasing fat storage. When consumed regularly, unhealthy fats can impair the body's ability to properly regulate blood sugar, further increasing the risk of metabolic disorders.

On the other hand, good fats, such as those found in avocados, olive oil, nuts, and fatty fish, provide numerous health benefits. These healthy fats are rich in monounsaturated and polyunsaturated fats, including omega-3 fatty acids, which support heart health by reducing bad cholesterol (LDL) and increasing good cholesterol (HDL). They also help lower inflammation, support brain function, and contribute to better joint and skin health. Additionally, healthy fats are essential for the absorption of fat-soluble vitamins (A, D, E, K) and play a crucial role in hormone production and cellular repair.

Incorporating good fats into your diet—such as through avocados, olive oil, and fatty fish—can help improve overall health and protect against chronic diseases, while promoting satiety and maintaining a balanced, nutritious diet.

HOLISTIC HEALTH

limit

fatty cuts off red meat

lard

processed meats (pork, bacon, sausage,

deli meats)

baked goods

fried goods



avoid

margarine / shortening

processed snacks

aim for including the oils above and include Omega 3 fatty acids (like fish), polyunsaturate and monounsaturated as these are beneficial for healthy heart and brain function, and overall general health

SUGAR

Sugar, especially in its refined form, can be harmful to health when consumed in excess. High sugar intake is linked to numerous health issues, including obesity, type 2 diabetes, heart disease, and tooth decay. When consumed in large amounts, sugar leads to spikes in blood glucose levels, contributing to insulin resistance over time. This can result in increased fat storage, particularly around the abdomen, and heightens the risk of chronic conditions. Moreover, excessive sugar consumption can contribute to inflammation in the body, which plays a role in various diseases, including arthritis and cardiovascular issues.

However, sugar can offer benefits when consumed in moderation. Natural sugars, such as those found in fruits (fructose) and dairy (lactose), come with essential nutrients like vitamins, minerals, and fiber. These provide a healthy source of energy and support bodily functions, including immune health and metabolism. The key to benefiting from sugar lies in choosing natural sources and keeping intake within a balanced, controlled range.

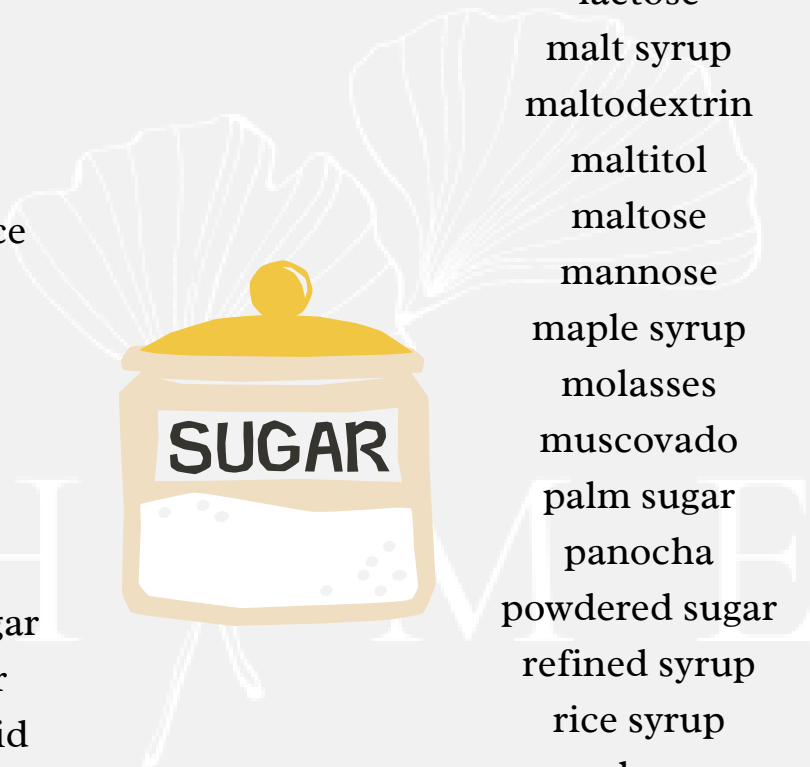
Incorporating fruits, whole grains, and other nutrient-dense sources of natural sugar into your diet can satisfy cravings while nourishing the body with essential nutrients, without the negative effects associated with refined sugar.



SUGAR NAMES...

Agave nectar
Aspartame
Barbados sugar
barley malt
barley malt syrup
beet sugar
brown sugar
butter syrup
cane juice
crystal cane juice
cane sugar
caramel
carob
castor sugar
coconut palm
coconut sugar
confectioner sugar
corn sweetener
corn syrup / solid
date sugar
dehydrated cane juice
demerara sugar
dextrin
dextrose
evaporated cane juice
fine brown sugar
fructose
fruit juice / concentrate
glucose
glucose solids
golden syrup
grape sugar

galactose
high fructose corn syrup
honey
icing sugar
invert sugar
isomalt
lactose
malt syrup
maltodextrin
maltitol
maltose
mannose
maple syrup
molasses
muscovado
palm sugar
panocha
powdered sugar
refined syrup
rice syrup
saccharose
saccharin
sorghum syrup
sucrose
sucralose
sucanat
sugar
sweet sorghum
syrup
treacle
turbinado sugar
yacon syrup
yellow sugar
xylitol



all information provided by
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is a guide only

Every individual is unique and tailoring health, meal and dietary plans are best
conducted in a professional consultation.

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