



GOOD FATS

Fat in our diets is often demonised but I would argue that it has actually been falsely accused and too much sugar in the diet is more commonly a problem!

Let me explain, fat is a really important food group with vital roles in the body. Fat makes up the outer membrane of each of our cells and good fats are the building blocks of really important chemical messengers which are in-charge of brain function, reproductive health and mood.

The right ratio of fats in the diet also reduce the risk of inflammation. Chronic inflammation is behind almost all human diseases.

3 KEY POINTS ABOUT CHOOSING GOOD FATS

- 1) More omega 3 'good' fats:** That means including more oily fish in the diet. In terms of plant based sources go for walnuts, flax and chia seeds. Our ancestors ate a higher ratio of these than we do and had less of the chronic diseases we have today.
- 2) Up the monounsaturated:** extra virgin olive oil and avocados are also 'good' fats. Olive oil is so rich in protective anti oxidants that even if it is used to cook with at medium temperatures it can protect itself from the damage that heat causes. Olive oil is a key part of the Mediterranean diet which is one of the most studied healthful diets out there.
- 3) Heating saturated fats:** these can be safe to cook with at high temperature as they are less vulnerable to damage than some other 'vegetable' oils (canola, rapeseed, sunflower). Choose coconut oil, lard, tallow, ghee and butter here as they are not going to become oxidised with heat.

TOP TIP: To increase anti inflammatory omega 3 in your diet think of the acronym SMASH to remember which fish are rich in these beneficial fats: Salmon, Mackerel, Anchovies, Sardines, Herring.

Written by:


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