



## Cooking and eating for health and vitality

### Facts about fats (and the Good Fat diet)

THERE are two sides to fats: on one hand, fats can literally kill us; and on the other, fats can heal us because they fill us with health and vitality.

The balance between good and bad fats in the diet is now reaching a critical level and the results are showing in the amount of chronic ill health in the population.

### So what is the size of the problem?

In the last 75 years...

there has been a 2,500% increase in the consumption of bad fats; and an 80% decrease in the consumption of Essential Fatty Acids, or good fats.

### What are Essential Fatty Acids (EFAs)?

These are the fats we need to get from food because they are absolutely crucial to good health. There are two main types, omega 3 and omega 6, and these should be balanced in roughly a 2:1 ratio.

Omega 3 oils can be found in: linseeds and flax oil, hemp seeds, soya products, walnuts, dark green leaves, pumpkin seeds, and oily fish such as salmon, trout, mackerel, herring and tuna.

Omega 6 oils can be found in sunflower seeds, soya beans, walnuts, pumpkin seeds and linseeds.

### Bad fats

There are two types of bad fats. Saturated fats and processed fats (also known as trans-fats or hydrogenated fats).

Saturated fats are found in animal produce, such as meat and dairy. These are natural fats and are not bad in themselves as long as they are consumed in moderation and intake is balanced with a good intake of good fats.

Processed fats are another story. These fats have been chemically changed to suit the food industry, mainly to prolong shelf-life. This means they are very challenging to the body and have very little nutritional value. These are found in abundance in all processed foods, such as cakes, biscuits, ready meals and snacks. If the food has a long shelf-life, look at the label and you will discover why.

## The Good Fat diet

- If you eat meat, try to eat only organic carcass meat and only 2-3 times a week;
- Avoid damaged fats where you can – read the label;
- Don't eat too many saturated fats;
- Eat plenty of foods rich in omega 3 fats, particularly oily fish and flaxseeds (don't have more than 3 or 4 tablespoons of ground flaxseeds a day, though).

## Udo Erasmus facts

The following is taken from *Fats that Heal, Fats that Kill* by Udo Erasmus – an excellent book on the subject.

Two stories must be told on fats and oils, not just one. Most of our confusion about the effects of fats and oils on health comes from knowing only half the story. To illustrate this point, I recently compiled a list of specific body functions and health conditions that exemplify the double story on fats and oils:

- Some fats slow you down, other fats increase your energy;
- Some fats promote cancer, other fats inhibit cancer;
- Some fats increase platelet stickiness making a heart attack or stroke more likely, other fats make platelets less sticky, protecting us from heart attacks and strokes;
- Some fats make you fat, and other fats keep you slim;
- Some fats make your skin greasy, other fats make skin soft, smooth and velvety;
- Some fats interfere with brain development, but other kinds of fats are required for brain development;
- Some fats lead to fatty degeneration of the liver, but other fats benefit the liver and in fact can reverse fatty degeneration of the liver;
- Some fats impair adrenal function while other fats are necessary for and improve adrenal function;
- Some fats inhibit immune function while other fats are required for our immune system;
- Some fats relieve allergies, other worsen them;
- Some fats decrease reproductive function, other fats enhance reproductive function, being required for sperm formation as well as the female reproductive cycle;
- Some fats can cause mutations, while other fats protect our genetic material (DNA) from mutations and other damage;
- Some fats depress us (eg SAD), and other fats lift depression and elevate mood;

- Some fats increase inflammation, other fats decrease it;
- Some fats interfere with the functions of every cell, tissue and organ in the body, while other fats enhance, improve and protect their functions;
- Some fats clog your arteries, other fats clean your arteries;
- Some fats increase Lp(a), the highest risk factor for cardiovascular disease, and other fats decrease this risk factor;
- Some fats increase fats in the blood (serum triglycerides), other fats decrease blood fats;
- Some fats lead to atherosclerosis (plaque on arteries), other fats prevent and reverse atherosclerosis;
- Some fats improve visual and brain function, other fats impede visual and brain function;
- Some fats deteriorate kidney function but other fats improve kidney function

If you want to find out more, this is an excellent and readable book broken down into small chunks. *Fats that Heal, Fats that Kill*, Udo Erasmus, ISBN 0-920470-38-6



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