

All about dat fat

Fat is a big deal and plays many vital roles in the body

1.) In mother's milk: saturated fat, essential for growth and brain development, commercial formulas typically are low fat/ low cholesterol. This leads to a failure to thrive.

2.) Saturated Fat: 50% of cell membranes, aids in calcium absorption, utilizing fatty acids, antimicrobial properties, has been shown to protect the liver from alcohol and medications such as acetaminophen, helps the brain run at an optimal level.

3.) Cholesterol: Cell stability, precursor to hormones (think of cholesterol as a building block for hormones), aids in vitamin D absorption, antioxidant, helps with intestinal integrity

- Cholesterol firefighter analogy: cholesterol is a weapon against free radicals and a repair substance. Cholesterol isn't the issue, it's a marker of inflammation!

4.) Fat loss:

- Fat offers satiety and signals fullness. Incorporating good fat into the diet helps prevent overeating.
- Fat also slows digestion to prevent digestion spikes
- Eating fat improves liver's ability to release fat
- Quality fat also boosts hormones such as testosterone — — —> helps build muscle — — —> boosts metabolism — — —> burns body fat

So what kind of fats should you eat?!?!

- Avocados
- Coconut: flakes, flesh, oil (great for cooking at higher temps because it's more stable)
- Flax seeds (don't heat)
- Raw, unsalted nuts such as cashews, macadamias, walnuts, pecans, hazelnuts, brazil nuts, almonds
- Olive oil (best used in cold dishes or dressings)
- Grass-fed, pasture raised animal products such as
 - Butter (Kerrygold, Organic Valley)
 - Ghee (Purity Farms, Pure Indian Foods)
 - Duck fat, beef tallow, pork lard

