

There is a lot of confusing information about consuming fats and eating a low fat diet.



It is a myth that eating fat will make you fat. Eating the right fat will help you lose weight and become healthier. Your body does need to have a source of good fat each and every day to achieve and maintain optimal health. Good fats help repair and keep the brain, nerve cells and all cell membranes intact and functioning.

Do you know which fats are good for you, and which ones are bad? Only the bad fats make you fat when you eat them. The good fats are the Omega - 3 oils. The bad fats are the Omega- 6 oils, and the trans-fats/hydrogenated oils. Today the average American's intake ratio of Omega-6 to Omega-3 is anywhere from 20:1 to 50:1!

What your body really needs an ideal ratio of 1:1 Omega-6 to Omega-3 fats. This is the ratio that is key to creating a healthy body. Continuing to consume unbalanced ratio of Omega-6 to Omega-3 fats could lead to several health problems, including Alzheimer's.

The easiest way to balance your ratio is to consume more Omega-3 fats from good sources. Beware that not all sources of Omega-3 oils are good. Studies have found that over 50% of the Omega-3 oils sold in America are rancid, producing free radicals instead of protecting against them.

The best Omega-3 fatty oils are those found in fresh cold-water fish, processed by well-known companies who test their products for high quality control. The primary sources of Omega-6 oils are the vegetable oils: corn (now GMO), soy (now GMO), canola (now GMO), safflower, and sunflower oil. In 2006 the average American consumed 75 pounds of Omega-6 oils/person in the form of these vegetable oils. In 1900 the average American consumed only 1 pound/year of Omega-6 oils.

So then, what is the best oil to cook with? Hint: It is not Olive Oil. The polyunsaturated vegetable oils are the worst oils to cook in because they tend to become easily oxidized or rancid when exposed to heat from cooking. Cooking in these vegetable oils results in the formation of trans fatty acids and damaging free radicals, increasing the risk of chronic disease, heart disease and breast cancer. It is best to avoid or to limit using these oils in any form, as they are all high in Omega-6 fats. So, if you choose to cook your food, consider the healthier option, coconut oil. Coconut oil, a naturally solid oil at

room temperature, is far less damaged by heat than the liquid vegetable oils. Other oils to use in cooking include butter and lard, both solid oils at room temperature. Then when do you use olive oil? It is best consumed cold on your salad. Using olive oil cold preserves the high cancer and heart protective factors that are found in this highly beneficial monounsaturated fat. Olive oil can be used in baking, but should only be used in sautéing when heated below the smoking point