

# Understanding Fats

Fats are an essential part of a balanced diet, playing a key role in brain function, hormone production, energy levels, and overall health. However, not all fats are created equal. Understanding the different types of fats can help you make healthier choices that support your well-being.

## The Different Types of Fats

### 1. Healthy Fats

These fats provide essential fatty acids, reduce inflammation, and support overall health.

#### Monounsaturated Fats

- Support heart health and reduce bad cholesterol (LDL)
- Found in plant-based oils and whole foods

- ✓ Avocados
- ✓ Olives & olive oil
- ✓ Almonds
- ✓ Cashews
- ✓ Macadamia nuts
- ✓ Peanuts & peanut butter
- ✓ Sesame seeds & tahini

#### Polyunsaturated Fats

- Essential for brain function, hormone production, and reducing inflammation
- Includes Omega-3 & Omega-6 fatty acids

#### Omega-3 Fatty Acids

- ✓ Fatty fish (salmon, mackerel, sardines, anchovies, herring)
- ✓ Chia seeds
- ✓ Flaxseeds
- ✓ Walnuts
- ✓ Hemp seeds
- ✓ Algae & seaweed

#### Omega-6 Fatty Acids (Best in Moderation)

- ✓ Sunflower seeds
- ✓ Pumpkin seeds
- ✓ Walnuts
- ✓ Sesame oil
- ✓ Safflower oil

## 2. Less Healthy Fats (Best in Moderation or Avoided)

### Saturated Fats (Limit Intake – Can Increase LDL Cholesterol in Excess)

- Found mainly in animal products and some tropical oils
- Can be enjoyed in moderation from whole food sources

- ✓ Coconut oil
- ✓ Grass-fed butter
- ✓ Ghee
- ✓ Full-fat dairy (cheese, yogurt, milk)
- ✓ Organic, pasture-raised meats
- ✓ Dark chocolate (70%+ cocoa)

### Trans Fats (AVOID – Highly Processed & Harmful)

- Linked to inflammation, heart disease, and obesity
- Found in processed, fried, and packaged foods

- ✗ Margarine
- ✗ Vegetable shortening
- ✗ Fried fast foods (e.g., fries, fried chicken)
- ✗ Commercial baked goods (e.g., cookies, cakes, doughnuts)
- ✗ Processed snacks (e.g., chips, crackers)

## How to Make Healthier Fat Choices

- ✓ Choose whole food sources of fats (nuts, seeds, avocados, fatty fish)
- ✓ Cook with olive oil or coconut oil instead of vegetable oils
- ✓ Include Omega-3-rich foods in your diet for brain and heart health
- ✓ Limit processed and fried foods high in trans fats
- ✓ Enjoy saturated fats from natural sources in moderation

Healthy fats are essential for energy, hormone balance, and overall well-being. By making mindful choices, you can nourish your body while supporting long-term health.