

## Guide to Healthy Fats

Avoiding unhealthy fats is almost impossible when adhering to the standard American diet and consuming highly processed foods. And yes, they are detrimental to our health especially when the ratios of omega 6 to omega 3 is as high as 20 to 1. Instead we should embrace and seek healthy fats, and not fear them for they are essential for optimal health and must be obtained through diet. The goal is to aim for a balance of omega 6 to Omega 3 with a ratio of 3 to 1.

<b>Omega - 6 Fatty Acids LA (linoleic acid)</b>	Sesame seed, poppy seed, pumpkin seed, grapeseed, sunflower, safflower, corn, walnut, and soybean oils, pine nuts, pistachio, commercial meats and farmed fish, processed and packaged foods.
<b>GLA (gamma-linolenic)</b>	Borage oil, evening primrose oil, black currant and hemp oil, breast milk, grass fed beef, cold water fish.
<b>Omega – 3 Fatty Acids ALA (alpha linolenic acid)</b>	Flax seed, hemp seeds, pumpkin seeds, chia seeds, walnuts, dark green leafy vegetables, purslane, edamame, kidney beans
<b>EPA (eicosapentaenoic acid)</b>	Fish-liver oil, salmon, halibut, tuna
<b>DHA (docosahexaenoic acid)</b>	Fish-liver oil, salmon, halibut, tuna, mackerel, herring, oysters, sardines, pastured eggs,
<b>Omega – 9 Fatty Acids (oleic acid)</b>	Olive oil, olives, macadamia nuts, peanuts, pecans, almonds, cashews, pistachios, hazelnuts, mustard seed, avocado
<b>Omega – 7 Fatty Acids (palmitoleic acid) (vaccenic acid)</b>	Sea buckthorn oil, macadamia oil, lard, ghee, butter, milk
<b>Healthy saturated fat</b>	Grass fed Dairy and meats, coconut oil

Good fats are those that are found in whole foods and have not been damaged by high heat in the refining process. “The fat phobia that has a stranglehold on our food culture can endanger our health, especially since its focus is on quantity, with complete disregard for either quality or for individual requirements.’ Bauman.

The following are a few reasons why we should make healthy fat our friend: ‘Concentrated source of energy, Building blocks for cell membranes, Protection for organs and cells, Components of nerve insulation and transmission..., Regulation of body temperature,...regulates metabolism, Satiety and taste factors; calms the nervous system, Precursors for hormones, Carriers for important fat-soluble vitamins, A, D, E, K, Slows the release of sugar into the bloodstream, Primary source of energy for the heart, Aids use of protein and many minerals in the body, Brain health: 60% of the brain is fat (the term “fathead” may actually be a compliment)’ Bauman. ‘May reduce nerve pain, rheumatoid arthritis, symptoms of ADHD, blood pressure, lower risk of heart disease, support bone health, increase energy, decrease anger, and enhance mood.’ Axe.

“There is no need to be afraid of fat.” Bauman