Confused about which fats to use?

Good Fats • Bad Fats • Saturated Fats • Polyunsaturated Fats
Monounsaturated Fats • Long Chain • Short Chain

The truth is, if you’re confused about fats, you’re not alone.

To help you navigate the world of fat, I’ve put together this short guide, “Give Me the Straight Fats” so you can make healthy choices and separate fat from fiction ;-) 

Why do we need fat?

Besides making everything taste better - hello butter - fats (or lipids as they are also called) are essential to our health. They provide energy, they keep us warm, they help our brains function better and they help manufacture and regulate our hormones. And that’s just the short list!

Why is it so confusing?

There are multiple types of fats and each one has a definite role:

Saturated Fats

SHORT CHAIN
- Butter (for example)
- Raise metabolic rate
- Easily burned as fuel

MEDIUM CHAIN
- Coconut oil (for example)
- Raise metabolic rate

LONG CHAIN
- Fuel storage
- Regulate blood sugar
- Transport other fats

Monounsaturated Fats

- Olive oil (for example)
- Keep arteries flexible
- Lubricate skin / brain function
- Positive effect on cholesterol

Polyunsaturated Fats

- Fish oil
- Nut / seed oil
- Vegetable oil
Here’s where it gets a bit more interesting because there’s something else really important called **Essential Fatty Acids** (or EFA’s).

They’re called ‘essential’ because they are **CRITICAL** for your body **BUT** you cannot manufacture them yourself.

Fats do not get stored as fat. They increase the permeability of our cell membranes. And excess EFA’s get burned and give us energy. **Plus** – they are critical to your brain health.

**There are 3 kinds of EFA’s**

I call them the Omega Sisters

In North America, 90% of diets are deficient in Omega 3 so she’s the Golden Child and the one we just don’t get enough of.

Omegas 3 and 6 are like your favourite sisters and Omega 9 might be the sister from a different mister. Still important but not as connected.

Most individuals have too much Omega 6 in their diet. The key is to increase the levels of Omega 3.

**Where do I get more Omega 3?**

- Eat cold water fish twice a week: sardines, mackerel, herring, wild trout, salmon, halibut, oysters, anchovies.
- Put ground flax seeds in your smoothies and on your salads, along with extra virgin olive oil or hemp oil.
- **Nuts**: walnuts, chia seeds.
- **Don’t think that your diet contains enough?** There are supplements of Omega 3 from both fish and plant sources.
Now what do I eat?

This list will guide you to choose the best fat for the moment! Fats are delicate structures and some get damaged with high temperatures. Use this list to guide your choices:

**Use these cold:**
- Avocado Oil
- EVOO
- Hemp Oil
- Sesame Oil
- Walnut Oil
- Tahini
- Almond Oil
- Flax Oil

**Use or cook with these:**
- Butter from pastured, grass fed cows or goats
- Ghee
- Duck Fat
- Chicken Fat
- Virgin Coconut Oil
- Macadamia Oil
- Lard

**DO NOT eat these:**
- Trans Fat (anything fried becomes a trans fat)
- Hydrogenated Oils (check out the labels)
- Margarine
- Oils: Soybean, Canola, Corn, Safflower, Sunflower, Palm, Peanut, Vegetable
- Vegetable Shortening

**The Comparison**

**OLIVE OIL**
Rich in vitamins, anti-inflammatory compounds, and healthy fats.

**COCONUT OIL**
The “superfood” because it contains metabolism-boosting medium-chain triglycerides.
Dietary Fat

Saturated Fats

NATURAL
- Meat
- Dairy
- Coconut
- Butter

MAN-MADE
- Trans Fat

Unsaturated Fats

MONOUNSATURATED
- Nuts
- Olive Oil
- Avocado (75%)

POLYUNSATURATED
- Fish
- Krill

Polyunsaturated Fats

NATURAL
- Cottonseed
- Corn
- Soybean
- Canola
- Sunflower
- Margarine

MAN-MADE
- Fish
- Krill

THESE ARE ONLY THE MOST COMMON FATS USED IN NORTH AMERICA. THERE ARE MORE FATS AVAILABLE IN THE WORLD.

With Annie's coaching support of over 6 months, I made significant progress toward my goals. Annie's holistic approach, knowledge, insights and resources gave me the tools and inspiration to change my inner and outer self. I am well on the path I want due in large part to Annie's help.

Laura, 52, Toronto

Need help figuring out a plan that is customized to YOUR needs?

Get a complimentary 15 minute session to assess if private coaching is right for you!

Email Annie at: annie@veev.ca

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