

Give Me the Straight Fats Guide!

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 (Solid at room temps)
- Raise metabolic rate
- Easily burned as fuel

MEDIUM CHAIN

- Coconut oil
- Raise metabolic rate

LONG CHAIN

- Fuel storage
- Regulate blood sugar
- Transports other fats

Monounsaturated Fats

- Olive oil (Fluid at room temps)
- Keep arteries flexible
- Lubricates skin / brain function
- Positive affect on cholesterol

Polyunsaturated Fats

- Fish oil
- Nut / seed oil
- Vegetable oil

Essential Fatty Acids

Here's where it gets a bit more interesting because there's something else really important called **Essential Fatty Acids** (or EFA's).

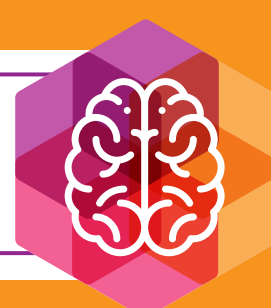
What's that all about?

I'm here to tell you...

They're called 'essential' because they are **CRITICAL** for your body BUT we cannot manufacture them ourselves.

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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.



Omeegas 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.

We usually have plenty or too much of omega 6 in our diets so usually you're fine with that.

Where do I get more Omega 3?



Eat cold water fish twice a week: sardines, mackerel, herring, wild trout, salmon, halibut, oysters, anchovies.



Nuts: walnuts, chia seeds.



Put ground flax seeds in your smoothies and on your salads, along with extra virgin olive oil or hemp oil.



Don't think that your diet contains enough? There are supplements of Omega 3 from both fish and vegetarian sources.

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When trying to decide on the type of fish to eat, I recommend smaller fish to reduce your exposure to contaminants. Tuna, a bigger fish, should be less frequent.



Ok, I get the theory.

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

Cook with these:



- Avocado Oil
- Butter from pastured, grass fed cows or goats
- Ghee
- Duck Fat
- Chicken Fat
- Virgin Coconut Oil
- Macadamia Oil

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

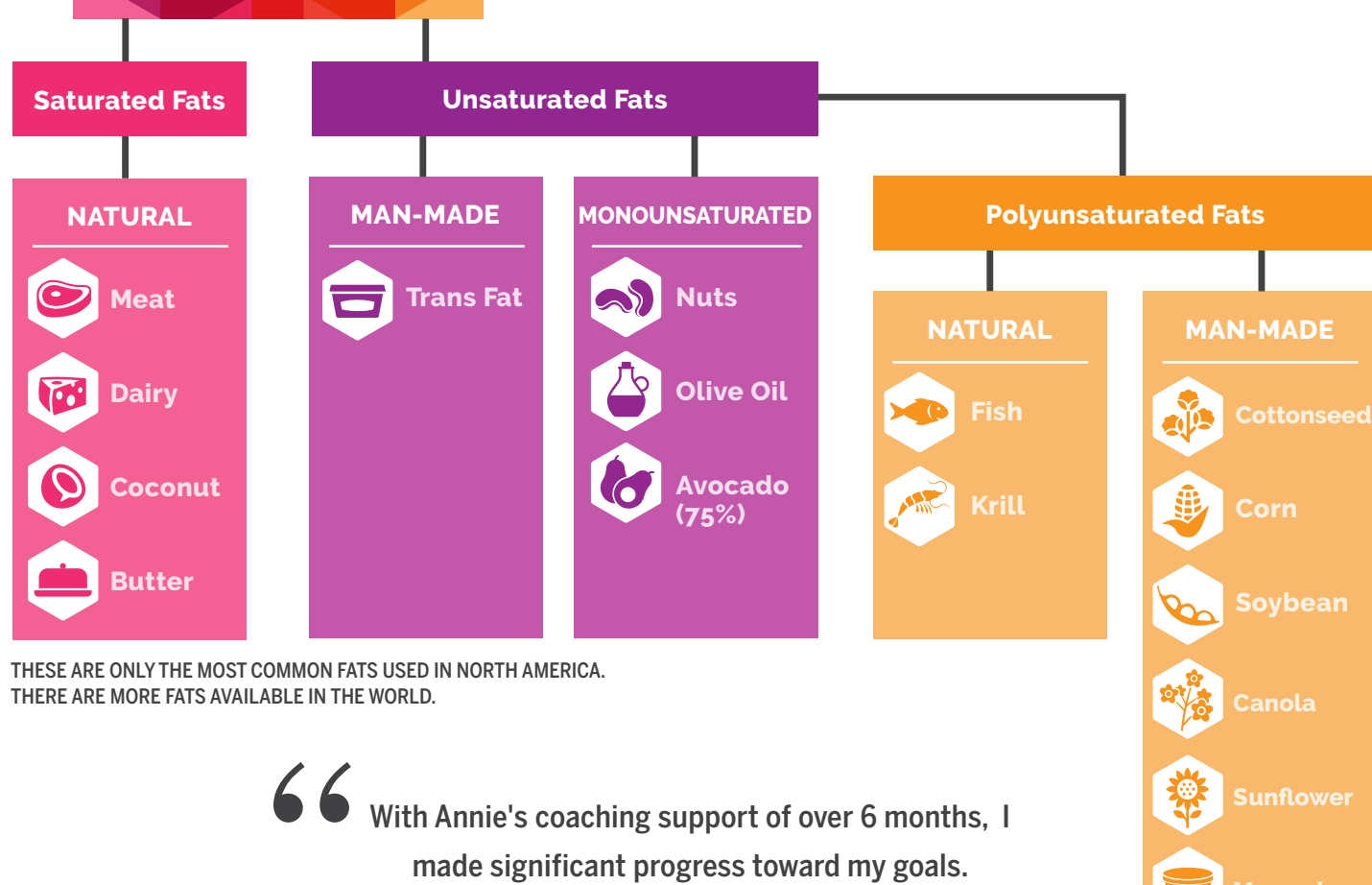


OLIVE OIL
Rich in vitamins, anti-inflammatory compounds, and healthy fats.



COCONUT OIL
The "superfood" because it contains metabolism-boosting medium-chain triglycerides.

Dietary Fat



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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