



Choose Healthy Fats!

Fat plays a vital role in many pathways in your body including hormone production, brain function, cell-to-cell communication and even weight loss. Without sufficient amounts of healthy fats, your body is left vulnerable to hormone confusion, mental depression and diseases of cellular miscommunication such as cancer and diabetes. Daily consumption of healthy fats such as those listed below and/or foods containing healthy fats such as grass-fed beef, fish, and eggs can make a significant difference in your health.

Below is a chart listing several damaged fats as well as healthy substitutes. Use it to help you decide which fats to include in your daily diet.

Damaged Fat	Reason	Healthy Fat Substitute & Cooking Temp
Margarine	Hydrogenated Trans fat	Butter or Ghee: Moderate heat
Shortening	Hydrogenated Trans fat	Coconut oil: Moderate to High heat
Canola oil	GMO*, Processed oil	Olive oil: Low to Moderate heat
Vegetable oil	Processed oil	Flax or Sunflower: No heat

Definitions:

- *Hydrogenated Trans fat* – A fat produced by bubbling hydrogen gas through a liquid oil solution. This process changes the configuration of the molecule and when eaten, shuts down your body's hormone production pathways.
- *GMO* – Genetically Modified Organism
- *Processed oil* – An oil that is expelled from a seed at high temperatures, subjected to refining and deodorizing and then stored in a clear bottle. Each step in this process adds to the free radical content of the oil. Free radicals contribute to aging and disease.