



PUTTING OUT THE FLAME

Session Three

Healthy Fats

Classes featured: The Different Types of Fat in Food; How to Nix the Six, Increase the Threes

How I did last week:

What I want to remember:



WHAT YOU NEED TO KNOW:

- Eating healthy fats is important for your brain, connective tissues, hormones, digestive system, and regulation of inflammation in your body.
- Omega-6 fatty acids are pro-inflammatory and sneak into most processed foods and convenience products on the shelves.
- Remember to “nix the six and increase the threes” This means decreasing your consumption of Omega-6 fatty acids and increasing Omega-3 fatty acids.

Tips from the pros to remember:

- When buying meat, choose grass-fed beef and organic poultry when possible.
- Use extra virgin olive oil (aka: EVOO) for no heat and low-heat cooking; use avocado oil for high-heat cooking, like sautéing or roasting.
- Purchase flaxseed already ground or grind it yourself before eating it to get the Omega-3 fatty acid benefits. Add 1-2 teaspoons to oatmeal, smoothies, yogurt, pasta sauce, stir-fry, or homemade protein bites.
- Three ounces of sardines provide the highest amount of Omega-3 fatty acids per serving at 2,000 mg per serving! Try adding your favorite herbs and spices to it, or place it on your favorite crunchy cracker to enjoy.



HOMEWORK

Assignment

Choose one option you want to focus on:

- I will eat at least **two** plant sources of Omega-3s each day.
- I will eat **two** sources of fatty fish every week.
- I will go through my pantry and fridge and identify what foods contain inflammatory ingredients on the avoid list. I will make a plan to restock these items with healthier versions.

Quick notes:

HEALTHY FATS AND FATS TO LIMIT

Increase these fats:

Monounsaturated fats

- Almonds
- Avocado
- Avocado oil
- Hazelnuts
- Olives
- Olive oil
- Pecans
- Pumpkin seeds
- Sesame seeds

Omega-3 fatty acids

- Chia seeds
- Herring
- Mackerel
- Salmon
- Soybeans
- Ground flaxseeds
- Hemp hearts
- Oysters
- Sardines
- Walnuts

Eating healthy fats is essential for good health!

- Protect your cells from oxidation.
- Reduce your risk of heart disease.
- Avoid the blood sugar rollercoaster and stabilize insulin levels.

Limit these fats:

Saturated fats

- Beef
- Chicken
- Coconut
- Pork
- Coconut, palm, and palm kernel oils

Trans fats

- Beef
- Margarine
- Processed foods with “partially hydrogenated oils”
- Dairy products
- Vegetable shortening

Omega-6 fatty acids

- Corn oil
- Soybean oil

These fats have pro-inflammatory components. The goal is *not* to completely cut them out; instead aim to eat higher amounts of healthy fats. Doing so helps offset the inflammatory effect.

Meat and poultry have many beneficial aspects for health. Choose grass-fed beef and organic poultry when possible.