

Dietary Fats

The three macronutrients and energy sources for the human body are Fat, Protein, & Carbohydrates. Protein & Fat are essential nutrients, meaning the body cannot make them on its own & they must come from food sources. When we eat dietary fat, less than 10% becomes glucose (or sugar) in the bloodstream & it happens slowly over the course of 8-10 hours. Fat has VERY little impact on blood sugar and that is a good thing! Adequate fat intake also helps provide satiety and satisfaction with food and that leads to less cravings. The **primary kinds** of dietary fat are Monounsaturated, Polyunsaturated (Omega 3 and Omega 6) & Saturated & Trans fats.

Is fat bad? NO! Not at all. Fat is not inherently bad but the type of fat matters A LOT. Both Omega-6 & Omega-3 fatty acids are essential, meaning that we need them in our diet because our body can't produce them on its own. The health effects of fats & oils vary drastically depending on what fatty acids they contain, what plants they are extracted from, & how they are processed. We need both Omega 3 & 6 fats but their ratio is VERY important. Most of us consume way too many Omega 6. The ratio of Omega-6 to 3 fats in our diet has shifted dramatically from a 1:1 ratio to as high as 20:1. Studies show that too much Omega-6, relative to 3, contributes to chronic inflammation & the fat we eat isn't only stored as body fat or burned for energy, it's also incorporated into our cell membranes!

Therefore, we want to limit/avoid the following oils: soybean, canola, vegetable, palm, corn, & seed oils (sunflower, safflower, grape, cottonseed). These oils are high in Omega-6's, are super processed, & are more prone to lipid peroxidation which leads to inflammation, poor insulin sensitivity, & tissue damage. We also want to AVOID trans fats. We now know that fat intake from healthy sources such as olives, eggs, good quality meat, fatty fish (tuna, salmon), butter, coconuts, nuts, seeds, & avocados are actually **not only good for us, but VITAL** for health, hormone balance, & longevity.

The end goal is to have the most optimal health and the **least restrictive diet** possible. Try to consume a large variety of real foods. **Variety** will help to ensure a healthy and robust microbiome of necessary and diverse microbes. We really are what we eat, choose wisely.

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Importance of Dietary Fat:

- It is indispensable for many important biological functions like growth & development.
- Provides insulation for temperature control (keeps us warm).
- Protects & cushion organs.
- Helps absorb nutrients & carries fat-soluble vitamins.
- Produces important hormones.
- Functions as structural building blocks of the body.
- Is involved in many vital physiological processes.

Best Plant-Based Fat Sources

- Olives, olive oil (ensure high quality)
- Avocados, avocado oil (chosen foods or primal kitchen brand)
- Coconut products (flakes, MCT oil, butter, milk)
- Nuts & seeds (if good gut health and can tolerate)

Best Animal-Based Fat Sources

- Pasture-raised eggs
- sustainably raised animal meats | beef, bison, lamb, pork, turkey, chicken, etc.
- Wild Game and venison | duck, deer, etc.
- Lard, tallow, butter, ghee (clarified butter)
- Wild caught fatty fish

What does it look like to get enough daily fat?

Dietary fat needs vary from person to person depending on age, gender, and body weight. 0.5 - 1 gram of fat per pound of body weight up to 150 pounds is a good estimate. Beyond this, 0.25-0.5 grams per pound. This number is very rough estimate and also depends on things like whether you have a gallbladder or complications like gastroparesis. Work with one of our coaches or a dietitian to determine your specific needs.