



FATTY ACID BALANCE

TYPES OF FATS

SATURATED

= SOLID
= SAFE TO HEAT

MONOUNSATURATED

= MODERATE HEAT

POLYUNSATURATED

= PROTECT FRAGILITY

DAMAGED

INFLAMMATORY

RANCID

TOXIC

A FABULOUS FUEL

Fats burn like logs in a fire: slowly, cleanly and consistently. When your body is in fat-burning mode, you will experience satiety and steady energy throughout the day. The process of converting fat and ketones into ATP (cellular energy) is more efficient and produces fewer free radicals (compared to burning sugar).

NUTRIENT ABSORPTION

Dietary fats are required to absorb the fat-soluble vitamins A, D, E, and K. Think of a reduced fat diet as a reduced vitamin diet too!

*most fats are friends,
some are foes*

*processed and hydrogenated seed oils are often rancid
and inflammatory
(that means the structures built from them will be too)*

BUILDING BLOCKS



Fat and cholesterol form many essential structures in the body: cell membranes, hormones like estrogen and testosterone, and the myelin surrounding nerve cells. Without the right raw materials, the structural integrity of your cells can be compromised, the delicate balance of hormones can be thrown off, and your skin is more likely to burn when exposed to sunlight.

EAT MORE FAT

- ADD TO VEGGIES

not only does fat make vegetables taste better, it is necessary for maximizing nutrient absorption

- FATTY FISH

salmon, mackerel, anchovies, sardines, and herring (SMASH acronym) are rich in essential omega-3s EPA & DHA

- GARNISH

finish off your meal with a drizzle of extra-virgin olive oil, chunk of grass-fed butter, or half an avocado