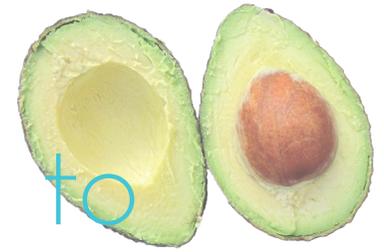


# GUIDE



to

## HEALTHY FATS THAT HEAL

7 healthy fat options to add to your next grocery list to help balance blood sugar, moisturize your body from the inside out, & protect against disease.

	What It Is	Where to Find It	How to Use It	*Type of Fat
Avocados & Avocado Oil	<i>Persea americana</i> is a large berry containing a single seed. The fruit is native to Mexico. It ripens upon harvesting. Apart from a great fat source, it is also rich in insoluble fibre. Avocados are definitely having a moment!	Local grocer; Costco. Buy the fruit hard to the touch & leave on counter to ripen.	Avocado oil has a high smoke point so feel free to cook with it on high; use in salad dressings; spread avocado on bread/toast, or crackers like butter; make into dips or desserts; use fruit as hair conditioner & oil on skin as moisturizer.	MUFA, omega-9
Wild Salmon, Mackerel, or Sardines	Oily fish of different species offering healing fat & rich protein when sourced safely.	Local grocer. Always buy organic &/or wild; <i>never</i> buy farmed or genetically modified.	Add any of these fish to a salad; serve atop a cracker; put into a nori sheet wrap with quinoa & lettuce & other veg; make into a sandwich filling or burger patty. Yum!	MUFA, omega-3
Coconuts & Coconut Oil	<i>Cocos nucifera</i> . The oil of coconuts is pressed from the meat. It is thick, luxurious, & solid at room temperature.	Local grocer; Costco. Make sure it is unrefined - organic is best, of course.	Any & everyway! The oil has a high smoke point, so feel free to cook with it; add to smoothies or energy bites; melt & put atop popcorn or nuts; use as skin softener (natural moisturizer); fights off Candida & helps with weight loss.	MCT, Saturated FA, contains lauric acid (which is what makes this saturated FA good for you)
Olives & Olive Oil	<i>Olea europaea</i> , a Mediterranean fruit with robust flavour, offering dense nutritional benefits.	Local grocer; avoid BPA canned olives; buy in glass jar/bottle, organic & cold pressed, if possible.	Avoid cooking/baking with olive oil since it has a low smoke point; drizzle or add atop of salads/veggies & even fish; add to dips; eat olives on their own!	MUFA, omega 9, omega 6
Organic Butter & Ghee	Butter is a dairy product made from churned & fermented milk; Ghee is clarified butter - not dairy free but free of casein & whey (top dairy allergens). Traditionally used in Ayurvedic medicine.	Butter-local grocer; always buy organic since toxins are stored in fats; Ghee-some local grocers in health food section; health food stores; online.	You're encouraged to cook with both due to their high smoke point; add to warm elixirs; use in baking; spread on breads/crackers; cook veggies in it for extra flavour - mmm!	Saturated FA (but don't be scared!)
Pumpkin Seeds & Pumpkin Seed Oil	<i>Lepomis gibbosus</i> : the seed of the pumpkin that is sometimes removed of its shell; oil is pressed from the seed.	Local grocer or health food store; opt for unshelled, raw, organic/cold pressed; should be found in a dark glass jar.	Pumpkin seeds can be ground into butter to spread on toast, crackers, or add to energy balls; add seeds into salads or trail mix; sprinkle oil onto salads or mix into smoothies (but add at end & blend by hand). Do not heat. They're also anti-parasitic & help to prevent prostate cancer - guys, eat up.	PUFA, MUFA, omega-6
Flaxseeds & Flaxseed Oil	<i>Linum usitatissimum</i> . Also known as linseed oil, this oil is plant-derived making it an excellent fat source for vegans & vegetarians. The seed can also be ground & added to recipes for an excellent source of insoluble & soluble fibre.	Local grocer; oil should be cold & in refrigerated section; seeds in health food aisle/store; do not buy pre-ground, rather grind yourself to avoid oxidation.	Add ground flaxseeds to oatmeal, smoothies or into salads; use oil in dressings or add to (but add at end & blend by hand); may also take medicinally as per practitioner's recommended dose.	MUFA, omega-3

### \*Types of Fat

- MUFA: Also known as monounsaturated fatty acid, these fats have one double bond; these fats help to lower cholesterol.
- PUFA: Also known as polyunsaturated fatty acid, these fats have more than one double bond; these fats help to lower cholesterol.
- Omega-3: a type of PUFA; omega-3 fatty acids are considered essential fatty acids since our body cannot synthesize them on our own. These fats help to reduce inflammation while supporting our cell membranes integrity, necessary for holding in water, vitamins, & nutrients.
- Omega-6: a type of PUFA; omega-6 fatty acids are considered essential fatty acids since our body cannot synthesize them on our own; these fats can be either anti-inflammatory or pro-inflammatory (necessary for things like blood clotting), and are also a vital asset to our cell membranes integrity.
  - o The healthy ratio between omega-6 to omega-3 fatty acids is 2:1 or better yet, 1:1, although Western society's intake is around 16:1. Therefore, try consuming more omega-3 fatty acids to off-set the ratio.
- MCT: Also known as medium chained triglyceride, these fats are metabolized quickly as fuel, as opposed to long-chained fatty acids, which are stored as fat.
- Saturated FA: Also known as saturated fatty acid, these fats contain no double bonds, making them easier to harden at room temperature. These fats offer a type of slow-burning fuel, and thus help to stabilize blood sugar, while contributing to cell membrane integrity, and other hormonal processes. They are sometimes considered the "bad kind of fat" or "unhealthy" - however, when consumed in low to moderate amounts, these fats are necessary for our health. Saturated fats are found in things like red meat and dairy, which can be inflammatory to the body - this is what ultimately renders them unhealthy. Instead of consuming these foods in large quantities, stick to consuming low amounts of saturated fats found in coconut oil and butter to reap in the health benefits.

## You Might Also Want To Know. . .

### Recommended Daily Intake of Fatty Acids:

- Varies from person to person and depends on: weight/height, muscle mass, any type of disease pathologies, & age. However, the average person on a 2000 calorie diet should consume approximately 65 grams of fat (20 grams or less as saturated).

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