

## ***50 TIPS FOR USING HEALTHY OILS AND FATS***

Fats have been getting a lot of attention in the media lately. New research has shown fat has many healthful benefits we need. Here are 50 tips for using healthy oils and fats.

1. Saturated fat is an in-between fat. It can be good for you in a reasonable amount. Don't eat a pound of butter in one sitting.
2. Store your fats and oils in a dark, dry cabinet to keep them from going rancid.
3. A word of caution, not all fats are good for you. Foods and oils containing trans fats are on the bad list.
4. Use unsalted butter to control the amount of salt that goes into your dish.
5. Eating a low-fat diet is a myth. Eliminating most fats leads to eating more carbs and refined sugars.
6. Fat is high in calories. Small amounts add up quickly. Taking in more calories than you need causes weight gain.
7. Trans fats are in margarines and shortening as well as processed foods like cookies and fast food French fries.
8. Most fast food is fried. Fried food tastes great, and people don't seem to care about the fat aspect. ~Eric Schlosser
9. Go ahead. Have some bacon. It contains the good benefits of saturated fat.
10. Myth buster: Olive oil can be used for frying.
11. Don't fear butter. The bad fat is found in margarine. Butter contains healthy CLA and Vitamins your body needs.
12. Some recent reports have said there isn't enough evidence determining that saturated fats increase the risk of heart disease.
13. Coconut oil is the best for high heat cooking. Go ahead and fry your eggs in coconut oil.
14. Fats in coconut oil help boost metabolism slightly and increase feelings of fullness.
15. Many of the good fats, like butter and coconut oil, are good for baking. Replace shortening with good fats.
16. Choose quality Extra Virgin Olive Oil for more nutrients and antioxidants than the refined type carries.
17. Some oils and fats add a distinct flavor to foods. For example, coconut oil adds a slight coconut flavor.
18. Swap all trans fats for healthy fats like avocado, raw butter, cheese, and coconut oil.

19. Monounsaturated and polyunsaturated fats are liquid at room temperature. Think olive oil, safflower oil, and peanut oil.
20. Fish high in the good fats having omega-3 fatty acids include salmon, tuna, trout, mackerel, sardines and herring.
21. We got fatter during the fat-free boom. We were led to believe fat was unhealthy and caused heart disease.
22. Good fats are mainly found in oils made from vegetables, nuts, seeds and fish.
23. Foods rich in monounsaturated fats or MUFAs improve cholesterol levels.
24. Good sources of MUFAS include peanut oil, olive oil, avocados, canola oil, and most nuts.
25. Coconut oil helps your body build resistance to both viruses and bacteria that cause illnesses.
26. Olive oil can protect you against Alzheimer's disease.
27. Peanut oil can protect your heart health since it contains monounsaturated fatty acids that increase good cholesterol levels.
28. Peanut oil is rich in vitamin E, an essential vitamin for the maintenance and health of your skin.
29. Butter has a perfect balance of omega-3 and omega-6 fats, keeping your skin healthy and promoting good brain function.
30. Avoid heating any type of fat to the point where it begins to smoke. The oil begins decomposing and has a burnt taste.
31. Olive oil has a light fruity, tangy or bold flavor making it perfect for drizzling over toasted bread and soups.
32. If you're afraid of butter, use cream. ~Julia Child
33. Olive oil is a base for Italian, Greek and Spanish dishes. It can be used in grilling, sautéing, or roasting.
34. Coconut oil is like butter. Use it on pancakes, muffins, waffles or French toast.
35. Coconut oil makes a good oil for popping popcorn or poured over the top of cooked popcorn.
36. Replace other oils or butter with a 1:1 ratio of coconut oil. For shortening, replace 1 part shortening with 3/4 part coconut oil.
37. Pan-fry with butter for browning meat or cooking vegetables.

38. Unrefined oils have a distinct flavor, aroma and color. They are more nutritious and have a short shelf life compared to refined oils.
39. Use unrefined oils in dressings or sauté using very low heat.
40. Unrefined coconut oil has a mild coconut flavor. It's great for baking, curries, and soups.
41. Keep a variety of cooking oils and fats in your pantry to have for a variety of flavors and cooking uses.
42. Sesame oil has a very distinct flavor. It's popular in Asian cooking. Light sesame oil has different uses than dark sesame oil.
43. Safflower oil has a neutral flavor. It has a very high smoke point, making it great for deep frying or searing.
44. Butter can be substituted for shortening in most baking recipes.
45. Monounsaturated fats and polyunsaturated fats are found in healthy oils and fats like olive oil, avocados and nuts.
46. Let food be thy medicine and medicine be thy food. ~ Hippocrates
47. Animal fats from grass-fed animals have more of the good fats. Lard, tallow and grease. Bacon drippings fall in this category.
48. Saturated fats (like butter) are solid at room temperature, while unsaturated fats (like olive oil) are liquid at room temperature.
49. A low-fat diet can increase blood triglycerides, increasing the risk of cardiovascular disease.
50. A low-fat diet can lower testosterone levels, leading to decreased muscle mass, increased osteoporosis, depression, and decreased libido.



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