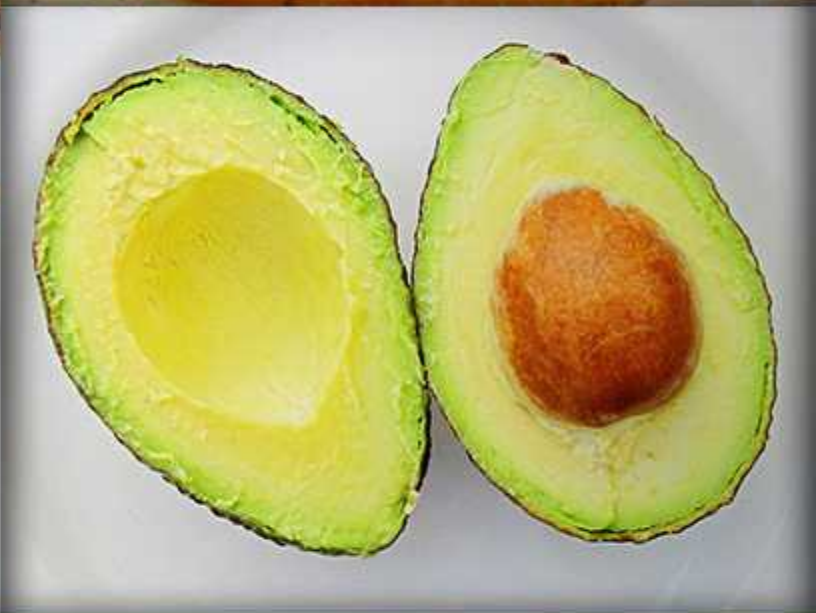


Fat's Not the Bad Guy:

Your Guide to

Healthy Oils and Fats



Fat's Not the Bad Guy: Your Guide to Healthy Oils and Fats

Get ready. You are about to see why oils and fats are a healthy part of your diet. In fact, in spite of common advice to the contrary, you might be surprised to learn that low fat eating isn't as healthy as experts once thought.

Recent studies have found you shouldn't eliminate fat from your diet. Some fats have been proven to promote good health. In fact, some food eating styles, like the low carb diet, allow you to eat high fat foods like avocados and red meat.

Imagine being able to eat butter, bacon and cheese again. Of course, you still have to eat these fatty foods in moderation. You probably shouldn't eat a pound of bacon for breakfast every day, though.

Most people have heard of olive oil's health benefits, but there are many other oils and fats that can benefit you as well.

First, let me give you a little background on why we've been led to believe a low fat diet is healthy.

Back in the 1960s and 1970s, prominent scientists believed saturated fat was the main trigger for heart disease, since it raised the bad cholesterol in the blood. In fact, in early 1977, Senator George McGovern and the Senate Select Committee on Nutrition and Human Needs, recommended Dietary Goals for the American people that included increasing carbohydrate intake to 60 percent of calorie intake and decreasing intake to 30 percent or less.

These dietary goals were recommended to all Americans, even though there weren't any studies on this diet at the time.

As a result, scientists and health professionals have seen how the low-fat diet guideline has led to an obesity epidemic, which is a culprit in heart problems.

So, is a low fat diet healthy? Is cutting out all fats and oils helping or hindering your health? Are some oils and fats healthier than others?

In this report, we're going to look at why many oils and fats are now being considered a healthy food.

However, before I share that with you, I'm going to delve deeper into the low-fat myth.



The Low Fat Myth

For 30 years, Americans have been told to eat less fat to live longer. The nutritional myth that fat is bad for you has been the cornerstone for the excessive consumption of refined carbohydrates. But what harm does eating more carbs and eating less fat cause?

Eating excessive amounts of carbs, or any food, can lead to obesity. It can also lead to high blood pressure, heart disease and all sorts of other health problems. We've been led to believe that oils and fat lead to high-cholesterol.

What I'm referring to is this statement on the [PubMed website](#) from a study done on saturated fat:

"A fat diet, rich in saturated fatty acids (SFA) and low in polyunsaturated fatty acids (PUFA), is said to be an important cause of atherosclerosis and cardiovascular diseases (CVD). The evidence for this hypothesis was sought by reviewing studies of the direct link between dietary fats

This study is what the original food pyramid that Americans have followed for the last thirty years has been based upon.

Eating a low fat diet means that you are eliminating the healthy benefits found in good fats and oils. For instance, certain types of fats provide you with needed nutrients to help you burn fat.

Don't take my word for it, though.

New research is continuing to debunk the myth that all fats are bad.

For example, a massive study from [Children's Hospital Oakland Research Institute Oakland CA, the Departments of Nutrition, Epidemiology, and the Harvard School of Public Health Boston MA](#) concluded that there is no major evidence that dietary saturated fat is associated with an increase in cholesterol levels.

In 2013, a study by Aseem Malhotra published in the [British Medical Journal](#) found that the advice to reduce saturated fat intake should be ignored. He believes it is increasing your risk for obesity and heart disease. In the study he found that, after accounting for age, smoking, and any other potential confounders, there wasn't any evidence that the type or amount of dietary fat affected a person's risk for developing a stroke.

In my opinion, there are problems with a generic low fat diet. One is that people stop eating the good fats as well as the bad fats. Another problem is they switch to bad carbs such as white bread, sugary drinks and potatoes or fat-free products that are loaded with sugar and refined carbs.

The low fat diet myth is being torn apart. After years of experts believing a diet high in fat caused health problems like heart disease and stroke, they are finding the opposite is true.

The Facts About Fat

Did you know that almost all food has several different kinds of fat? Some are better for you than others. Let's look at some facts about fat.

1. The fats we take in are found in plant and animal foods and are known as dietary fat. Dietary fat is a macronutrient. It provides the energy your body needs.
2. Fat is essential because it supports different functions for your body. Fat for instance, helps vitamins dissolve and nourish.
3. Fat is high in calories. Small amounts add up quickly in caloric intake. Taking in more calories than your body needs causes weight gain.
4. Certain types of dietary fat, mainly trans fats, may play a role in cardiovascular disease, type 2 diabetes, obesity and cancer.
5. Fats are made up varying amounts of fatty acids. The type or amount of fatty acid found in the food you're eating will determine the effect the fat will have on your health.
6. The amount of healthy fats, both saturated and unsaturated fats from whole foods, animal and plant sources should be anywhere from 50 to 85 percent of your overall energy intake.

It all comes down to this. Some fats are better for you than others. Educate yourself on which types of fat you should be consuming.

Bad fats and oils

In truth, all fats and oils can be bad for you if eaten in excess. But there is one type of fat that is worse than others.

Trans fat.

- This is the worst type of dietary fat.
- Trans fat is a type of fat that occurs naturally in some foods. It occurs in small amounts. It most often is made from oils through the processing of certain foods. This process is called partial hydrogenation, which makes the oils easier to cook with and less likely to spoil.
- Trans fats are found in margarines and vegetable shortening as well as many processed foods like cookies and fast food French fries.
- Eating food rich in trans fat can increase the amount of LDL cholesterol in your bloodstream. It creates inflammation linked to heart disease, stroke, and diabetes.



The In-between Fats and oils

Most fats are classified as either healthy or unhealthy; but one type of oil rides the fence.

Saturated Fat

- Saturated fats are very common in many people's diets. Saturated fats are solid when at room temperature – think cooled bacon grease.
- Saturated fats can be found in red meat, whole milk, cheese, coconut oil, and commercially processed foods.
- Experts disagree on the benefits and harmful effects of saturated fat. For years, they've believed saturated fats can drive up your total cholesterol, advising you to limit your intake to fewer than 10% of calories a day.
- On the other hand, some recent reports have said there isn't enough evidence determining that saturated fats increase the risk of heart disease.



In fact, an article by [Dr. Mercola](#) states that saturated fats serve important functions such as building cell walls, mineral absorption, converting beta-carotene into vitamin A, and many others.

- Other studies muddied the water even more. They concluded that replacing saturated fat with healthy fats like vegetable oils or high-fiber carbohydrates is good for reducing the risk of heart disease, while exchanging saturated fat for highly processed foods and carbs can increase your risk.

Good fats and oils

Without a doubt, the most healthful type of dietary fats is mostly unsaturated. Good fats are mainly found in oils made from vegetables, nuts, seeds, and fish. Healthy fats are liquid at room temperature. There are two categories of good fats.

Monounsaturated Fats

- This type of fat is found in a variety of foods and oils.
- Foods rich in monounsaturated fats or MUFAs improve cholesterol levels.
- MUFAs benefit insulin levels and blood sugar control, helpful to those who have Type 2 Diabetes.

- Monounsaturated fat is popular in the Mediterranean diet. Olive oil is a big part of it.
- Good sources of MUFAS include peanut oil, olive oil, avocados, canola oil, and most nuts. Safflower and sunflower oils are good sources as well.

Polyunsaturated Fats

- Polyunsaturated fats are mostly from plant-based foods and oils.
- Eating foods rich in polyunsaturated fats or PUFAs improves cholesterol levels and decreases the risk of type 2 diabetes.
- There are two main types of polyunsaturated fats: omega-3 fatty acids and omega-6 fatty acids. Both types offer good health benefits.
 - Omega-3 fatty acids are found in some types of fish like salmon, mackerel, and sardines.
 - Other foods with omega-3 fatty acids include flaxseeds, walnuts, canola oil, and non-hydrogenated soybean oil.
 - Omega -3 fatty acids decrease the risk of coronary heart disease and protect against irregular heartbeats.
- Corn oil, safflower oil, and sunflower oil are all PUFAs.
- PUFAs are essential fats for normal body functions. Unfortunately, your body cannot make them. You need them for blood clotting, muscle movement and inflammation.
 - Omega-6 fatty acids protect against heart disease.
 - Foods rich in omega-6 fatty acids include vegetable oils such as safflower, soybean, sunflower, walnut, and corn oils.



The Institute of Medicine recommends using MUFAS and polyunsaturated fats as much as possible in place of saturated and trans fats.

In the end, fats can be broken down into three categories. There is good for you fat that should be used in all your cooking. Then there are the bad-for-you fats that should be avoided whenever possible. Finally, you have one fat that should be used in moderation only.

Nutrition Benefits of Different Fats

As you might have gathered, each type of oil or fat offers different nutritional benefits. How do you choose which one is best for you or for your specific needs? Without a doubt, it can be difficult to choose. For instance, do you need olive oil or canola oil for heart health? Is Coconut oil better than butter?

Here are some benefits of the most popular oils and fats.

Coconut oil

Coconut Oil has become very popular in recent years in the U.S. However, it's been a staple in diets in some parts of the world for generations. One of the best examples is the Tokelauans, a population in the South Pacific. They eat over 50% of calories from coconuts. They have a high level of saturated fat but are in excellent health with no evidence of heart disease.



Coconut oil's benefits include:

- Coconut oil helps your body build resistance to both viruses and bacteria that cause illnesses.
- It fights off yeast, fungus, and candida.
- Another benefit is its ability to positively affect our hormones that help control our thyroid and blood-sugar.
- It boosts thyroid function by increasing metabolism, endurance, and energy. Who doesn't want more energy?
- Coconut oil aids in increasing your body's digestion and it helps you absorb fat-soluble vitamins.
- Another interesting fact about coconut fat is that it helps keep your weight balanced. It does this by breaking down its special fats called medium chain triglycerides (MCTs) in the liver for more efficient burning of energy.

Olive Oil

Olive oil is a major element of the Mediterranean diet and has been a dietary staple in that part of the world for generations. Studies have shown that the fatty acids and antioxidants in olive oil have powerful nutritional benefits.

- People who regularly consume olive oil are less likely to develop cardiovascular diseases like high blood pressure, stroke, and high cholesterol levels.
- Olive oil reduces inflammation, thrombosis, and endothelial dysfunction.
- It aids in carbohydrate metabolism.
- Another nutritional benefit of olive oil is the effect it has on depression. The risk of getting depression is lower when olive oil is regularly consumed.
- Olive oil may reduce the risk of breast cancer.
- Olive oil can help you maintain healthy cholesterol levels.
- It can protect you against Alzheimer's disease. In my opinion, this is one of the top benefits of olive oil.
- It helps prevent acute pancreatitis, protects from ulcerative colitis, and protects the liver.



Peanut oil

Peanut oil is often used in cooking and adds an interesting flavor to your food. Peanut oil is a type of vegetable oil derived from peanuts. It comes in several varieties, including refined, roasted, unrefined, and cold-pressed. Each one will have slight differences in their nutritional value.

- It reduces cholesterol levels. Peanut oil can reduce your current cholesterol levels because of the presence of plant sterols. These plant sterols can lower your cholesterol levels by 10-15%.
- Peanut oil can protect your heart health since it contains monounsaturated fatty acids that increase good cholesterol levels.
- Another nutritional benefit to note of peanut oil is its ability to help decrease your chances of developing cancer.
- Peanut oil is rich in vitamin E, an essential vitamin for the maintenance and health of your skin. It's what protects against the effects of free radicals that cause blemishes, premature aging and wrinkles.
- A nutritional benefit of peanut oil for older people to take note of is its cognitive boost. The antioxidant resveratrol in peanut oil can slow or even stop the breakdown of the neural pathways in the brain that may lead to Alzheimer's disease.

- Another benefit from the antioxidants in peanut oil is how it interacts with the hormones that affect your blood vessels. This helps decrease blood pressure.
- Finally, peanut oil can help you keep healthy by boosting your immune system.

Butter

For years, we've been told butter was off limits. It's high in fat, which in turn was thought to be a cause of heart disease. New research has shown that, in moderation, butter can be a healthy addition to your diet. Here are some of the benefits of butter.

- Butter is rich in vitamins, including Vitamin A. This vitamin is needed to maintain good vision and keep your endocrine system functioning efficiently.
- Another nutritional benefit you can get from butter is its ability to support your immune system and boost metabolism.
- Butter has a perfect balance of omega-3 and omega-6 fats. These fats help keep your skin healthy and promote good brain function.
- Butter is a good source of Conjugated Linoleic Acid (CLA). This compound helps your body store muscle instead of fat and can provide protection against certain types of cancers.
- Do you suffer from stiff joints? Butter contains the Wulzen Factor. This hormone - like substance helps prevent stiffness and arthritis. The Wulzen Factor can only be found in raw butter and cream, however.
- Butter's fatty acids function to protect the stomach from gut infections.
- Lastly, butter is an excellent source of good cholesterol needed for brain and nervous system development.



As you can see, the good fats and oils used in cooking have many nutritional benefits. Each one has specific nutrients to promote good health.

Using Oils in Food Preparation

Every food and every style of cooking has a type of oil that works best for it. Whether you like to fry, bake, sauté, or drizzle on your salad, choosing the right oil can lead turn an ok meal into one that wows your taste buds.

Here are some tips for using oil in food preparation.

Consider what the taste and texture of the fat you're using has on the foods you're using it in. When sautéing for instance, ingredients will easily absorb the flavor of the oil. The same is true for soups and stews, baked goods and sauces.

When cooking with any type of fat, avoid heating it to the point where it begins to smoke. This is when the oil begins decomposing and can have a bitter or burnt taste.



Olive Oil

Olive oil is made from ripe olives and is a staple in the Mediterranean diet. Extra virgin olive oil comes from the first pressing of olives. Light olive oil is lighter in flavor and color.

Olive oil has a light fruity, tangy, or bold flavor, making it perfect for spreading on breads or drizzling over toasted bread and soups.

Use your olive oil as a base for Italian, Greek, and Spanish dishes. It can be used for grilling, sautéing, or roasting. It can be used for stir-frying or browning.

Use it as an ingredient in marinades or sauces like mayonnaise or pesto. It can be served with your meal as a condiment for dipping bread or drizzling over soups, salads or other dishes.

Different olive oils complement different foods and uses.

- Strong and robust, extra virgin olive oil is perfect for cooking meats, fish or using as a marinade. Many people enjoy the oil drizzled over garlic bread or roasted peppers.
- A medium intensity extra virgin olive oil, on the other hand, is great with mozzarella cheese or as a bread dipper. It can also be used in vinaigrette.
- Olive oil or plain virgin olive oil works well for frying or sautéing.

Which brings me to the question, “Can you use Olive oil for frying?”

Yes. But in all honesty you should use refined olive oil, those labeled as “pure” or “light”, instead of extra virgin olive oil, just on a cost basis.

Coconut Oil

If you've never cooked with coconut oil, you're in for a wonderful treat. Made from the fruit of the coconut palm tree, the oil is ideal for subtly flavored dishes, giving a hint of coconut flavor. This oil can be used in baked goods, desserts, smoothies, and confections. It's good for baking, cooking and eating, as well as a massage oil or skin moisturizer.

Choose certified organic in either virgin or refined. The type will depend on the recipe and your personal taste. Virgin coconut oil has a coconut aroma and a noticeable coconut flavor. Refined coconut oil doesn't have as much of a coconut aroma or flavor while still giving you the health benefits.

Use coconut oil

- For frying, baking, sautéing, stir-frying, deep frying, and mixed in dishes
- To fry your eggs or melt it over poached eggs
- In your baked goods recipes like bread and cookies in place of butter
- Like butter on pancakes, muffins, waffles or French toast

Coconut oil makes good oil for popping popcorn or over the top of cooked popcorn.

Replace other oils or butter with a 1:1 ratio of coconut oil. For shortening, replace one part shortening with 3/4 part coconut oil.

Coconut oil can be melted or used at room temperature, depending on the cooking need.

Peanut Oil

Peanut oil became popular during the Thanksgiving holiday when consumers began deep-frying their turkeys. Peanut oil is made from shelled peanuts and is popular in both Asian and Southern style cooking.

It has a nutty but mild flavor. Warning: it contains peanuts so those with a peanut allergy should avoid using it.

It can be used for deep-frying, baking, and stir-frying.

Butter

Butter has a sweet, creamy mouth feel (the melting point in your mouth) with a sublime flavor unlike any other fat or oil. It is the preferred fat for almost all types of food preparation.

Butter is used in baking everything from cookies to bread to pastries.

Use it for frying, sautéing, browning, baking, marinating, toasting, in sauces and spread on bread.

Pan-fry with butter for browning meat or cooking vegetables. Pre-heat your pan over medium heat and add butter. Once melted add your ingredients. Stir, watching closely and adjusting heat if needed

Caramelize foods with butter. Caramelizing brings out the natural sugars in food. To caramelize, cook thinly sliced foods like onions or other vegetables in a small amount of butter over low heat for about 10 minutes.



Overall, cooking with different kinds of fats is the same. You mainly have to know what you are wishing to accomplish; the flavor you want to add, and the method you will be using to cook with.

Why You Should be Cooking with Oil

All things considered, cooking with oil is healthy. Whether you use a plant based, animal based or nut based oil, each one has different nutrition properties. Recent studies have shown us that the fats found in most cooking oils and fats fall into different types of fat. It's no longer recommended we eat a low fat diet, as our bodies need fat to maintain itself and prevent diseases.

The Mediterranean diet. The Asian diet. The people's diet of the Pacific. All these cultures have long ago adopted the use of certain types of cooking fats into their diets. All these cultures have populations of heart healthy people. These diets are rich in olive oil, coconut oil, and omega-3 rich fish oil.

The American diet, for over 30 years, has consisted of low fat foods, pushing them towards a diet rich in carbohydrates and refined sugars. This has led to obesity and heart disease, as well as many other diseases.

Once scientists started to realize the problem, they began studying the different types of fats to find the ones that are good for our health. Now it's recommended to consume a variety of good for you fats like coconut oil, olive oil, and, surprisingly, butter. Bacon has even been taken off the no-no list.

The truth is, people have been eating fats since the caveman.

You can choose the type of oil you prefer based on the flavor, how you are going to use it and its health benefits.

Once you have your oil, you need to learn how to store it correctly to make sure it doesn't go rancid.

- Don't buy in large batches at a time.
- Keep unsaturated fats like olive, palm, and avocado oils in an environment where they won't oxidize, like a cool, dry, and dark place.
- Screw the lid on as soon as you're done using the oil.

In the end, when choosing the right, good for you fat and using it in the way it was intended, fat can be your new healthy friend.





**PLR
CONTENT
SOURCE**

**Your Source For High Quality Private Label Rights Content
That You Can Actually Afford and Profit From
www.PLRContentSource.com**