

## The skinny on Fats (aka get your fats straight)

The human body needs **FAT** to function, BUT, and here's the catch it needs the right sort of **FAT**. This short handout is focusing on 2 essential fats, omega 6 and omega 3. Omega 6 fats are found in vegetable oils and processed food and Omega 3 in fish, plants, eggs, chicken and beef.

These vital fats should ideally be consumed at a ratio of between 1:1 and 5:1. Our current standard Australian diet provides a ratio between 1:10 and 1:20 so way out of whack. Increasing the chances of heart disease, diabetes, arthritis, asthma, allergies and cancer. As well as increased whole body inflammation since omega 6 tends to be pro-inflammatory while omega 3 is anti-inflammatory.

Omega 6 is widely available. It's found in nuts, seeds, avocado, oils (palm, soybean, corn, sunflower) and grain-fed animal products. It's also in processed foods like margarine, cookies, chips, and breads.

The best sources of omega 3 are oily fish (salmon, tuna, mackerel, and sardines), chia seeds, hempseed oil, flaxseeds and walnuts. There are also small amounts in dark green leafy vegetables and sea vegetables such as wakame and nori.

## How can you improve your own fat ratio?

### Avoid

**Vegetable oils**, they are made up of polyunsaturated fats which oxidise quickly and contribute to inflammation in the body and are very high in Omega 6.

**Trans fatty acids**, found in margarine and many commercial biscuits and cakes are not natural, they are highly toxic and have been linked with increased risk of high cholesterol and heart disease.

**Deep Fried Foods**, this is a no brainer really, anything deep fried is a "sometimes" food.

### Enjoy



**Oily fish** at least twice a week, especially small fish such as sardines. **Eggs**, a perfect source of protein as well, and no longer implicated in high cholesterol readings.

**Coconut oil** has been used traditionally for hundreds of years, this is a great fat to cook with as it has a very high smoking point and contains antibacterial, anti-fungal and antimicrobial properties.

**Avocado**, not actually a source of Omega 3, but a great fat, shown to help lower blood pressure and reduce cholesterol. It also contains lots of soluble fibre for gut health and vitamin E for your skin.

**Nuts and seeds**, especially walnuts and Brazil nuts and seeds such as linseed and chia seeds. You can include nut and olive oils as well.

**Grass Fed Meats**, contain a naturally better ratio of 6:3 so are less inflammatory. Most beef sold in supermarkets is grass and grain fed so look for a label stating grass fed and finished, i.e. not finished on grains.

To learn more contact Virginnia @ Nourishing Pantry on 0467002336, vt@nourishingpantry.com.au

[www.nourishingpantry.com.au](http://www.nourishingpantry.com.au)



