



# DIETARY FATS 101

## Are you getting enough good fats?

The average adult should get about 30% of their daily calories from high-quality fats that are from whole food sources, or are minimally processed. For a 2,000 calorie diet, that's 600 calories or about 67 grams needed from fats (1 gram of fat = 9 calories). Take a close look at the types of fats we need each day to keep our minds and bodies in optimal shape and free from disease. What fats should you add or remove from your diet?



**Omega-3 fatty acids** are an important type of polyunsaturated fatty acid (PUFA) that is anti-inflammatory and can protect against heart disease, diabetes and cancer. Include foods high in particular types of omega-3 called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and are found in fatty fish like salmon, mackerel, anchovies and sardines. Another type is alpha-linolenic acid (ALA) and is found in chia seeds, flaxseeds/oil, and walnuts. **A 4oz serving of salmon = 135 fat calories, a 3oz serving of sardines = 54 fat calories, and 1/2 oz serving of walnuts = 81 fat calories.**

**How to get enough:** Sprinkle chopped raw walnuts on salads and blend flaxseeds or flaxseed oil into smoothies. Make sardine pate for snacking by pulsing canned sardines, extra virgin olive oil, sea salt, parsley and lemon juice in a food processor and spread on whole grain crackers or cucumber slices.



**Olives and avocados are rich in Monounsaturated Fatty Acids (MUFA).** About 50% of the typical adult's daily fat intake should include these cardio-protective and anti-inflammatory foods and oils. Extra virgin olive oil in particular has concentrated amounts of polyphenols that protect the body's arterial lining from free radical damage, reducing heart disease risk. Choose high quality, cold pressed, unfiltered oil and do not use for roasting or sautéing above 350°F. **A day might include 1/2 medium avocado (120 fat calories) and 2 tablespoons of extra virgin olive oil (120 fat calories).**

**How to get enough:** Finish everything from soups, stews, eggs and vegetables with a drizzle of quality EVOO. Make a creamy salad dressing by blending avocado, EVOO, garlic clove, lemon juice and sea salt.



**Omega-6 fatty acids** are another important PUFA that the body needs for optimal functioning; however, most Americans who eat a diet of processed and fast foods containing soy, nut and seed oils are getting way too much. Omega-6s are PRO-inflammatory and in excess contribute to chronic disease. A healthy balanced diet should pair anti-inflammatory omega-3s, with omega-6s from whole food sources such as nuts like cashews and macadamias, and seeds like sunflower and pumpkin. **AVOID refined oils manufactured from these (including corn, soybean oil) and aim to eat 2 servings of omega-6 foods to 1 serving of omega-3 foods (ratio of 2:1). A 1oz serving of seeds and nuts range from 45 to 135 in fat calories, depending on variety.**

**How to get enough:** In food processor, combine 3 cups raw or toasted nuts or seeds and process until smooth, 10-12 min (less for seeds). Add in sea salt and an extra nutrition boost with hemp, chia or flaxseeds (if desired) and pulse. Enjoy on apple slices, vegetable sticks, or stirred into morning oatmeal. Store in glass container in fridge.



High-quality **Saturated fats** are necessary in small amounts for optimal health. For example, the liver manufactures cholesterol from saturated fat that the body uses to convert sunlight on the skin into vitamin D. Saturated fat is also needed to provide nourishment and protection for the brain. Excellent sources of saturated fats include coconut oil, meats, dairy, poultry and eggs. Choose from pastured or grass-fed animals that also contain higher amounts of omega-3s (that keep omega-6s in check), and vitamin K2 that is responsible for transporting calcium into bones. **Saturated fat calories for 1 egg = 13.5, 1 cup whole milk yogurt = 45, 1 tsp ghee = 31.5**

**How to get enough:** Make ghee for high heat sautéing and roasting. Simmer one pound of grass-fed butter over low heat for 15-20 minutes or until it stops bubbling, periodically skimming off the foam. Remove from heat and pour into heatproof, lidded glass jar. Store in fridge or cool pantry.