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FATS: 101

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LEARN ABOUT:

- IMPORTANCE OF FATS IN HEALTHY DIETS
- TYPES OF FATS
- HOW TO INCREASE BODY METABOLISM WITH FATS
- TRADITIONAL FATS ARE BEST

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The Skinny on Fats

We've all heard about cholesterol and dietary fats that "clog up your arteries and cause heart disease". In fact, for decades and decades government "experts" have been telling us to choose a diet that is low in saturated fat and cholesterol. Yet today, why is it that more Americans than ever before in history suffer from obesity and chronic diseases? With all the recommended low fat foods people are eating, we should be seeing thinner people, not more weight gain. Just the opposite is happening.

But lately, you may have noticed that people have started to question some of the bad light shed on certain fats. The truth is fat, itself,

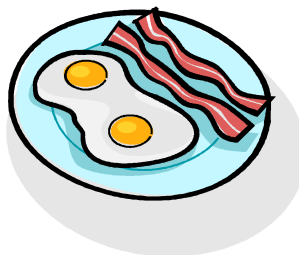
is not the villain, rather we need to be concerned about the type and quality of fat we eat.

Confused about what to do? Don't worry, as you read on, you will learn the best types of fat to optimize your health and boost your weight loss program,

why fats are good for us, why we should use special fats when cooking and you will learn which fats are harmful and to be avoided.

While most weight loss programs tell you to omit certain foods from your diet, this one suggests a way of eating that includes healthy versions of traditional foods

that we all love and are truly good for us.



Are bacon and eggs a healthy breakfast choice?

Why We Need Fats

To begin, it is important to understand that fat is an essential nutrient the body needs. Fats are fundamental to the cell membrane; the body cannot function without it. Did you know that 60% of your brain is composed of fat? Besides acting as a carrier for the fat soluble vitamins A, D, E & K, fats are also critical to hormone and prostaglandin production, reproduction, immunity and vital in healthy nerves and nerve impulses. Fats help regulate body temperature, cushion

our internal organs, provide us with stable energy throughout the day and taste good too.

Low fat diets limit the amount of anti-oxidant nutrients we have to protect us from free-radical damage increasing risk of cancer. These same low-fat diets also can create nutrient deficiencies because certain minerals need fat for absorption. For example, in order for calcium to be absorbed, it needs fat. So, don't forget to add butter to calcium-rich vegetable like broccoli and

kale so your body can use it.

The same goes for taking calcium supplements or drinking skim milk, if you don't have fat, forget about the calcium absorption. Think about how many women who have been on low fat diets suffer from osteoporosis as they age.





Unsaturated Fats are liquid at room temperature.

“Essential fatty acids are ... only obtained through diet – our body cannot make them – and they are crucial for our health.”

About the Types of Fat

Saturated fats are solid at room temperature. They are mainly found in animal fats such as eggs, cheese, butter and fat on meat. Some plant sources are tropical oils like coconut and palm. Also included in this category are trans fats which should be avoided. These include modern manmade fats and hydrogenated oils.

Saturated fats have no double bonds so they are highly stable because of their chemical structure. So, when heated, these are less likely to go rancid and form dangerous free radicals that are known to cause cancer and heart disease.

Unsaturated fats include two types: monounsaturated and polyunsaturated. **Monounsaturated fats** are liquid at room temperature and solid when refrigerated. Your body can make monounsaturated fats from saturated fats as

they are needed. These fats Sources include olive oil, sesame oil, almonds, cashews, pecans, peanuts, Brazil nuts, and avocados. Monounsaturated fats have only one double bond on the carbon atom making them relatively stable, hence also may be used in cooking for light sautéing, but be careful not to get the temperature too high to break that bond.

The other type of unsaturated fat is **polyunsaturated fats**. These have two or more double bonds, making them highly unstable and not suitable for heating and can form free radicals. Polyunsaturated fats stay liquid, even when heated. Sources are fish oils, flax, chia seed oil, sesame seeds, sunflower, safflower, cottonseed, corn, walnut, and soy oil. Never heat these.

The Balancing Act: Omega-6:3 Ratios

Fats and oils are made up of fatty acids. When we avoid dietary fats, we reduce the number of essential fatty acids we take in too. Essential fatty acids are a type of polyunsaturated fat that is only obtained through diet – our body cannot make them – and they are crucial for our health.

Omega-6 fatty acids (linoleic) and Omega-3 fatty acids (linolenic) are two types of essen-

tial fatty acids that we need in a balanced amount. The ideal ratio is 1:1, but most experts recommend a 5:1 ratio or less. A typical American diet provides ratios 20:1 to 40:1

The best sources of Omega-3 fatty acids are wild cold water fish like salmon, flax seeds/oil, walnuts, grass fed meats, eggs and dairy.

Many experts recommend taking cod liver oil supplements to attain proper Omega-3 levels.

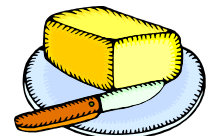
HEALTHY FAT CHOICES: TRADITIONAL FOODS

- Nuts & Seeds
- Avocados
- Grass Fed Meats, Dairy, Cheese & Eggs
- Oily Fish – sardines, cod, halibut, haddock, mackerel, salmon
- Extra Virgin Cold Pressed Olive
- Cold Pressed Sesame Oil



Fats Suitable for Cooking:

- Coconut Oil
- Palm Oil
- Palm Kernel Oil
- Tallow/Lard
- Butter from grass fed cows



Literature Cited throughout Newsletter:

Enig, Mary. *Know Your Fats*. Bethesda Press: 2000.

Fife, Bruce. *The Coconut Oil Miracle*. New York: Avery. 2004.

Murray, Michael, Joseph and Lara Pizzorno. *The Encyclopedia of Healing Foods*. New York: Atria Books, 2005.

Vanderhaeghe, Lorna. *Healthy Immunity*. New York: Kensington Publishing Corp. 2001.

Fats To Avoid: “Modern Foods”

Trans-fatty acids are liquid vegetable oils that have been chemically processed to become solid at room temperature by adding hydrogen atoms. These hydrogenated and partially hydrogenated fats impersonate saturated fats but we do not have the enzymes to recognize and break these down so they end up accumulating causing plaque and damage the cellular membrane. These are the real fat villains which contribute to heart disease and

increased cholesterol. Trans fats raise LDL (“bad”) cholesterol levels and also lower HDL (“good”) cholesterol.



Eliminate these trans fats from your diet:

- Hydrogenated Oils
- Partially Hydrogenated Vegetable Shortening
- Margarine and Spreads
- Most Commercial Refined Vegetable Oils – cotton seed, soy, corn, canola (heated during refining)
- Deep Fried Foods – contain free radicals
- Potato & Corn Chips
- Commercial Baked Goods & Pastries (check label)

Trans fats are used in most processed foods. Beware of hidden trans fats in foods—check the labels!

Coconut Oil Crowned Queen of Fats

There was a time when saturated fat was thought to be related to increased heart disease and coconut oil received negative press in this country because of its high level of saturated fat. However, current research has shown that not all saturated fats are alike and that the fatty acids in coconut oil, the medium chain triglycerides, do not raise serum cholesterol or contribute to heart disease, but are actually very healthy (Vanderhaeghe 380).

Traditional diets have included this remarkable food for years. According to coconut oil expert, Bruce Fife, it has a reputation for being known as “the healthiest dietary oil on earth.” Once again, coconut oil is now being recognized by the medical community as a powerful fighter in immune diseases.

Much research has recently surfaced on the incredible nutritional value of coconut oil. Most of the fats we consume are made of mostly of long-chain fatty acids, though butter and other animal fats also have small amounts of short and medium-chain fats. A large percentage of the fats in coconut oil are medium chain fatty acids.

These fats are immediately converted to energy in the body because they burn fast and don’t store well, which is why they sold as energy supplements for athletes.

Medium-chain fatty acids can be metabolized without bile or pancreatic enzymes, too, which is why they are used in IV fluids to feed people in hospitals and helpful to those with compromised fat diges-

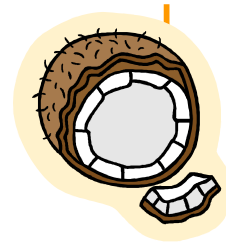


tion. As an additional benefit, medium chain fatty acids help speed up metabolism and are recommended on some weight loss diets (Murray and Pizzorno 423).

According to Dr. Mary Enig, internationally recognized lipid expert, coconut oil is the best source of lauric acid, a particular kind of medium-chain fatty acid. The only other foods that contain significant amounts are palm oils and mother’s milk. Lauric acid has anti-fungal, anti-viral, anti-bacterial, anti-parasitic, anti-carcinogenic properties. Other health promoting benefits of coconut oil may include preventative for osteoporosis, improves digestion, keeps skin soft and smooth, and prevents wrinkles and aging of skin. For more information go to http://www.westonaprice.org/knowyourfats/coconut_oil.html.

“Coconut oil is the healthiest dietary oil on earth.”

Bruce Fife



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As sustainable livestock farmers for nearly 25 years, Connie and her husband are dedicated to producing healthy, wholesome meats and offer grass fed lamb, beef, chicken, turkey and eggs along with other nutritious foods at their farm store called The Lamb Shoppe.

Connie offers private wellness holistic consultations incorporating whole foods nutrition, herbs, stress management techniques, and other natural remedies to support and build overall health and re-balance the body. She teaches classes both privately and through Community Education and conducts workshops to facilitate health and healing.

She is a member of the National Association of Nutrition Professionals, American Herbalists Guild, North Country Herbalist Guild, Weston A. Price Foundation, Midwest Food Alliance, The Land Stewardship Project and the Sustainable Farming Association.

Final Tidbits

For Salads: It is best to make your own salad dressing. Not only is it easy, but it tastes better! Once you start make your own, you'll never buy bottled salad dressing again. Use these:

- **Extra Virgin Cold Pressed Olive Oil**
- **Expeller-Expressed (Cold Pressed) Flax Oil**
- **Cold Pressed Sesame and Peanut Oil**

Easy Salad Dressing



3 T. Raw apple cider vinegar

2 T. Dijon mustard

1 Clove crushed garlic

1 T. Minced fresh herbs (basil, tarragon, thyme, parsley)

Salt and Freshly ground pepper to taste

10 T. Olive oil – added slowly

Put wine vinegar, mustard, herbs, salt and pepper in blender. Blend 30 seconds. Slowly add olive oil through the top of blender until emulsified. Keeps in refrigerator for two weeks.

Website for More Facts:

www.eatfatlosefat.com/research

www.westonaprice.org

www.mercola.com

www.eatwild.com

www.price-pottenger.org

www.coconutresearchcenter.org

Suggested Reading:

Eat Fat Lose Fat by Sally Fallon & Mary Enig

Know Your Fats by Mary Enig, PhD.

Fats That Heal Fats that Kill by Udo Erasmus

The Coconut Miracle by Buice Fife

Real Food by Nina Plank

2009 UPCOMING HEALTHY LIVING & HERBAL CLASSES

February 20

Healing Foods

February 24

Getting Started with Herbs & Natural Healing

March 18

Building Better Bones

March 26

Herbs for a Good Nights Sleep

April 17

Recipe Makeovers

April 22

Simple Solutions for Life's Changes

May 19

Making Herbal Medicines

All classes are held 7-8:30 pm at Hutchinson Middle School through Hutchinson Community Education. The cost is \$25. See complete class descriptions at www.healthbyconnie.com. Register through PRCE or call Connie at 320-587-6094.