



ANTI-INFLAMMATORY

Guide to **FATS**

CONSUMING THE right fats and avoiding the wrong ones is essential to keeping inflammation in check and maintaining a healthy body. It's important to eat quality dietary fat. Not only are these **good fats** vital for decreasing inflammation, but they also contribute to a healthy brain, kidneys, lungs, bones, and cell membranes; hormone production; reproduction; and protection of the heart during times of stress.

Implicated in many chronic degenerative conditions, poor-quality and toxic fats can devastate the body, creating inflammation and causing weight gain. Avoid all industrial seed vegetable oils and trans fats as these **bad fats** negatively impact your health. Toxic oils are hidden in fast food and processed/packaged foods, which you should avoid like the Plague. Use this guide to determine which oils to cook with and which fats are safe and healthy to consume.

KNOW YOUR LABELS

Look for these terms:

ORGANIC, UNREFINED, cold-pressed, expeller-pressed, extra virgin

Avoid these terms:

HYDROGENATED, PARTIALLY hydrogenated, refined, cold-processed, low-fat, fat-free, reduced-fat

FATS TO SUPPLEMENT

YOU MAY choose to supplement with a high-quality fish or cod liver oil to improve omega-3 fatty acid consumption. Cod liver oil provides omega-3 fatty acids and fat-soluble nutrients.

BEST FOR COOKING

High Heat

(most stable)

Bacon fat (lard)
Beef fat (tallow)
Butter
Coconut oil
Duck fat
Ghee
Palm oil

Low Heat

(moderately stable)

Avocado oil
Macadamia nut oil
Olive oil

BEST FOR EATING AND CONSUMING

Veggie Toppers

- ◆ Avocado oil
- ◆ Butter* (enhances overall health; ensures assimilation of minerals and water-soluble vitamins in veggies and meats)
- ◆ Coconut oil* (excellent for weight loss and boosting metabolism)
- ◆ Flax oil
- ◆ Ghee
- ◆ Olive oil
- ◆ Pumpkin seed oil
- ◆ Sesame oil
- ◆ Walnut oil

* Superfood (as long as the quality is excellent)

FATS TO AVOID

- ◆ All butter substitute spreads
- ◆ Canola oil
- ◆ Corn oil
- ◆ Cottonseed oil
- ◆ Grapeseed oil
- ◆ Margarine
- ◆ Safflower oil
- ◆ Soybean oil
- ◆ Trans fats† (found in processed and packaged foods)
- ◆ Vegetable oil

† Trans fats are created when industrial companies add hydrogen to liquid vegetable oils such as corn, soy, canola, and cottonseed oils to make them more solid (partial hydrogenation). A major cause of heart disease, trans fats contribute to weight gain, cancer, autoimmune diseases, premature aging, digestive disorders, and infertility.

OTHER GOOD FATS

- ◆ Avocados
- ◆ Coconut butter
- ◆ Coconut flakes
- ◆ Coconut milk
- ◆ Nuts
- ◆ Olives
- ◆ Seeds

YOU WILL also consume good proportions of health-promoting essential fatty acids by eating **quality** animal meats and products from organic, grass-fed, pasture-raised, and wild-caught sources (e.g., wild-caught salmon, pasture egg yolks, and grass-fed beef). You will **not** get these good fats in conventional meat or eggs.