

If olive oil is made with olives and peanut oil made with peanuts, what is baby oil made with?

## Making Sense of What Makes a Healthy Fat

By Renee Lea-Currie, Ph.D.  
June 4, 2016



Every expert has an opinion on which culinary oils are suitable for use. So what is the best one to use? Can I really lose weight by eating healthy fats? YES! Fat helps you feel full so you eat less. Choose the best fats for health and weight management. What is a healthy fat?

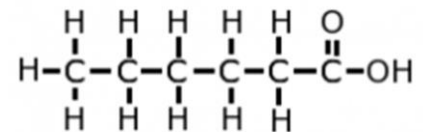
You need fat to live! Fats are used in our body to help absorb vitamins, keep skin healthy, coat every cell in our brain, make hormones to help us grow and develop and manage the immune system. Essential fatty acids omega-3 and omega 6 fats are called that because our bodies cannot make these and must get them from the foods we eat. Omega-6 compete with omega-3 fats for the same enzymes in the making of eicosanoids that control cell membrane flexibility, blood clotting, and inflammation response. Omega-3 fats (alpha linoleic acid) are used to make eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) which reduce inflammation effects caused by omega-6 eicosanoids. If you have more omega-3 fats then you will make more eicosanoids that reduce inflammation. If you consume more omega-6 fats then the omega-3 get pushed out of the way and you make more inflammatory compounds. The goal is to keep the ratio of omega-3 equal or higher than omega-6 in your lifestyle.

Omega-3 sources include flaxseed oil, walnuts, avocado, extra virgin olive oil (EVOO), leafy vegetables, fatty fish such as salmon and cod, organic/grass-fed (cow) butter

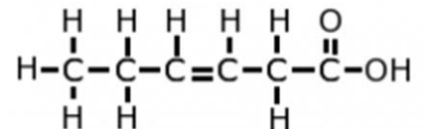
Omega-6 sources include cottonseed oil, canola oil, soybean oil, grape seed oil, safflower oil, vegetable oil, corn oil

Research shows that using fake fats or consuming fat-free or reduced fat items actually caused more weight gain and health problems. The reason: most are substituted with sugar or artificial sweeteners, artificial flavors, salt, natural and artificial flavors (trade secret they don't have to tell you about) and other fillers. So stick with the REAL fats God intended us to eat **IN MODERATION!** Fat is an energy nutrient just like carbohydrates and protein. Eat to Live.

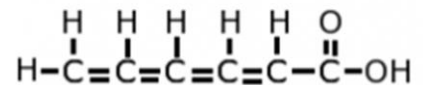
Fat	9 calories/gram
Carbohydrates	4 calories/gram
Protein	4 calories/gram
Alcohol	7 calories/gram



Saturated Fatty Acid



Monounsaturated Fatty Acid



Polyunsaturated Fatty Acid

**REMEMBER?**  
United States main GMO crops  
95% sugar beets  
94% soybean  
93% canola  
90% cotton  
88% corn  
**SOLUTION:**  
Buy non-GMO or organic.  
Buy and use more omega-3 sources

COLD PRESSED	First mashing/pressing of fruit or seed to give oil
EXPRESSER PRESSED	Mechanical pressing of fruit or seed to yield oil
EXTRA VIRGIN	Oil from the first pressing of fruit or seed
UNREFINED	Pressed and filtered fruit or seed. No chemical solvents used
SATURATED FAT	Solid at room temperature. Saturated with hydrogen
POLYUNSATURATED	Liquid at room temperature. Many double bonds making fat susceptible to oxidation. This is why not suitable for high heat use
MONOUNSATURATED	Liquid at room temperature. Semi-solid in cold. One double bond so suitable for medium heat only
MEDIUM CHAIN FAT	Fatty acids between 6-12 carbons long (EXAMPLE COCONUT OIL)
TRANS FAT	Fat chemically changed to be hydrogenated to make solid at room temperature. Increases inflammation and promotes insulin resistance. Found in processed "foods"

Q N A O P N V N Z G R A P E S E E D B Q W U  
 Q J C P F D O I V X S P D U I G X Q X T X L  
 H L P O D O E I T N G A J D Z A W J E N D I  
 B C G E D E M E T V I E T X C F K K X O R O  
 V P Q C H Q F E S A K G L U E B F W H F T E  
 T I I O D R I S G X D F R B R P W J L D C V  
 U C P L E E O Z S A A I L I A A M Q T P U I  
 N D R D P W T H S A Y L X S V T T Z U F E L  
 A N F P W O M A B S R P F O J A E E X V G O  
 E E M R A L C N R P L G R O A Z R G D U C K  
 P G S E L F V O Q U V E V O Q E M T E U E I  
 V O O S N F Z O A P T R Y U C M F Y X V R N  
 D R Y S U A Y W R G N A C Z A E M P A E H F  
 J D B C T S J U F X F R S H D U S F I N W L  
 A Y E Y L O P D E O Q W O N A U E S O G D A  
 Q H A R T A F S N A R T D C U I F M E V E M  
 P K N F C O T T O N S E E D N O L M E D N M  
 N C O C O N U T O I L J Y R A A N L I R I A  
 J D W U K M N J M P X Y Q B S T P O A N F T  
 L H E A T Q P G G M C A L M O N D Z M W E I  
 B E D I C A Y T T A F K V T A B G X K O R O  
 W L O E Z G R F D C M P M I P A T F D R M N

ALMOND  
 COCONUT OIL  
 COD  
 COLD PRESS  
 CORN  
 COTTON SEED  
 EXTRA VIRGIN  
 FATTY ACID  
 FLAXSEED  
 GRAPSEED  
 GRASS FED  
 HEAT  
 HYDROGEN  
 INFLAMMATION  
 MONOUNSATURATED  
 OLIVE OIL  
 OMEGA  
 OXIDATION  
 PEANUT  
 PROCESSED  
 REFINED  
 SAFFLOWER  
 SALMON  
 SATURATED  
 SOYBEAN  
 TRANS FAT  
 VEGETABLE  
 WALNUT

## Differences Between the Omegas

Omega	What Does It Do?	Foods To Eat
Omega-3	Controls blood clotting; builds cellular membranes in the brain; enhances brain and joint function; fat-loss and muscle-building benefits in athletes; reduces risk of cancer, heart disease, and diabetes; reduces inflammation	Fatty fish (salmon, mackerel, cod, etc.); vegetable oils (soybeans, walnuts, flaxseed, etc.); green vegetables (kale, spinach, Brussels sprouts, salad greens, etc.)
Omega-6	Regulates brain functioning; regulates growth and development; stimulates hair and skin growth; regulates metabolism; maintains healthy bones and reproductive system; increases inflammation	Most vegetable oils, nuts, and grain-fed meats
Omega-7	Reduces inflammation; reduces insulin resistance	Produced naturally by the body, but can also be found in foods with palmitic acid, like macadamia nuts and sea buckthorn
Omega-9	Reduces inflammation; improves joint health and healing; prevents variety of diseases	Produced naturally by the body, but can also be found in olive oil and vegetable oils