

10. **Why do I need fat anyway: it seems like a lot of hassle?** God designed our bodies to perform wondrous things under many circumstances. Fats are a metabolically efficient way of storing excess energy until it is needed. Certain fats, however, cannot be made by our bodies and we must consume them. These are the essential fatty acids you hear so much about, such as the omega-3 fatty acids. Fortunately (and sometimes not so for those of us trying to loose excess weight) fat tastes wonderful and helps us feel satisfied after a meal. Try enjoying some healthier ways to get your essential omega-3 fats such as flax seeds, wild caught salmon, walnuts, soybean oil, and canola oil.

Be informed.

Smile.

Love.

Speak kind words to someone today.

Spread good news.

Take Back My Health is part of an e-mail health ministry which features inspirational, practical tips for healthy shopping, kid approved real recipes (KARR), free sample links and coupon downloads to help us support those companies that provide REAL foods. To sign up to receive these weekly inspirational tips on healthy shopping and eating (on a budget), contact me at takebacktour@yahoo.com or leave a message at (336) 228-6407.

THE TAKE BACK TOUR

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[from guilt when I slip up]

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KARR= Kid Approved Real Recipes

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Renee Lea-Currie has a Ph.D. in Nutrition from UNC-Greensboro and is the Director of Cell Biology for Zen-Bio, Inc in Research Triangle Park, NC. Renee is also the Health Leader for Philadelphia Seventh Day Adventist Church, 629 Cameron St. Burlington, NC and a founding member of the Healthy Alamance Faith Based Initiative Task Force.



**Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith**
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

TAKE BACK THE FAT

**10 Things You Always
Wanted To Know About
Fats (and Some You
Wish You Didn't)**



By Dr. Renee Lea-Currie

1. **What is vegetable shortening?** The new formula Crisco is blend of soybean oil, fully hydrogenated cottonseed oil and blend of partially hydrogenated soybean and cottonseed oils. Remember when you see the word "hydrogenated" or "partially hydrogenated" think trans fat.
2. **I know olive oil is from olives and sunflower oil is from sunflower seeds, but what is vegetable oil?** Vegetable oil is either cottonseed oil, soybean oil or a blend of soybean and cottonseed oils.
3. **I heard that canola oil is poisonous oil?** Canola was developed through conventional plant breeding, not genetic engineering, as a variety of the rapeseed plant. Since it is only related to rapeseed, it does not contain the poisonous component of rapeseed oil. The word "canola" was derived from "**Can**adian **oil**, **low acid**" in 1978. Canola, as a relative of rapeseed, also belongs to the mustard (or Brassica) family whose other members include broccoli, Brussels sprouts, cabbage, kale and mustard greens. Unless you buy organic canola, like other plants (soy, corn, and now sugar beets) are predominately genetically modified.
4. **If a product contains 0 trans fat, then it is safe to eat, right?** Let the shopper beware! One way companies get around this ruling is to reduce the serving size so that there is less than 0.5g trans fat per serving. If under 0.5g per serving, it does not have to be listed on the nutrition facts. Another way companies get around the no trans fat ruling is to use another process to make liquid oils solid at room temperature called interesterification. ACTION: Watch your serving sizes and ingredients.
5. **What in the world is interesterification?** Unlike the production of trans fats by adding hydrogen (hence the term hydrogenation) to make partially hydrogenated fats, interesterified fat production starts with fully hydrogenated fats and rearranges the fat molecules so that they contain more stearic acid than normal. This makes the fats last longer on the shelf without becoming rancid and more suitable for pastries and processed "junk" foods to give them the flaky texture and saturated fat feel in the mouth we have all come to love in our junk foods. Normally liquid vegetable oils are liquid at room temperature and burn at a low temperature so they are not great for deep frying. The process of intersterifying fats avoids these problems. HOW TO BEAT IT: Check the ingredients list. If you see the words "partially hydrogenated", "hydrogenated", "interesterified", put it back and run away scared. According to the International Food information Council, when you see the words "fully hydrogenated vegetable oil," "palm oil," and/or "palm kernel oil" listed in the ingredients on a label, the product may or may not contain interesterified fat.
6. **Is interesterified fat as dangerous as trans fat?** The American Palm Oil Council, the United Soybean Board, and International Food Council are very excited about interesterification. It offers processed food companies a way to avoid the trans fat label and still offer the same great tasting junk we love (did I mention I was a Twinkies addict as a child). There have been very few research studies performed on the effects of interesterified fats. One study which had only 30 people, showed that consumption of interesterified fats resulted in increased fasting blood sugar and decreased HDL cholesterol (the good one). There have also been a few others that stated consumption of interesterified fats had no noticeable effect on blood sugar or cholesterol. I have personally read 4 of these papers and I still am not convinced of the safety or of the danger of interesterified fats. My tactic: avoid it when possible.
7. **How do I avoid interesterified and trans fats in my foods when I go shopping?** First, eat more natural foods and this is a non-issue. Second, check the ingredients list. If you see the words "partially hydrogenated", "hydrogenated", or "interesterified", put it back and run away scared. According to the International Food Council, when you see the words "fully hydrogenated vegetable oil," "palm oil," and/or "palm kernel oil" listed in the ingredients on a label, the product may or may not contain interesterified fats.
8. **What products contain interesterified fats?** Any processed baked goods (unless from an organic company), margarine, shortenings and processed fried foods could contain either trans or interesterified fat. Don't believe the advertising hype on the front of the box. TURN IT OVER and read the ingredients.
9. **Are there any products that do not contain interesterified fats?** According to the Smart Balance website, Smart Balance spreads do not use hydrogenation or interesterification in production. They have a patented process that makes use of the natural saturated nature of palm fruit oil and blend it with soy and other liquid vegetable oils. I am a Smart Balance spreads fan because it tastes amazingly butter-like and Smart Balance light spreads are vegan for when I am cooking for vegan friends.