

Roles of Fat – Why it is important for your cellular health

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Fat is essential for producing energy. If that is not enough, fat is necessary for many bodily functions such as the formation of building blocks for cell membranes and hormones, the absorption of many vitamins, the utilization of proteins and many more functions. It is my opinion that most fats are good, but even good fats can become bad, denatured or rancid. If the fat is grown or treated with toxins, then the toxins will be absorbed or ingested and become united with that fat. Good fats also become bad fats from processing, preparation and storage.

For optimum health, there should be a balance of good, high quality saturated, monounsaturated and polyunsaturated fats. Fats are found in many foods and their oils. It is recommended, in a nutritious diet, to consume about 30% of your daily intake from good fats. There are different types of fat and there must be a healthy balance.

Saturated Fats, such as palm oil, coconut oil, butter and lard, are the most stable fats and are best to cook with at higher heats. One factor to remember is that the body makes its own saturated fats with any excess of unused carbohydrates.

The most common monounsaturated fats are found in olives, almonds, pecans, cashews, peanuts and avocados. These fats, like saturated fats, are relatively stable and do not go rancid easily. These fats are best to consume raw or used in low heat cooking. The Omega-6s and Omega-9s found in this category include: Omega-6s – blackcurrant seed oil, evening primrose oil, sunflower oil, sesame oil; Omega 9s–extra virgin olive oil and hazelnut oil.



Polyunsaturated fats found in safflower, sunflower, sesame, soybean, corn, nuts, fish and seeds are unstable and go rancid easily. This means that frying fish can denature and turn those delicate oils into toxins. The Omega-3s that fall into this category are found in fish, flaxseed, wheat germ, walnut and hemp seeds. Polyunsaturated fats should be stored in a dark container, never heated and stored in the refrigerator.

Saturated Fats – mostly stable (use for higher heat cooking)	Monounsaturated Fats – mostly stable (use raw or for lower heat cooking)	Polyunsaturated Fats – unstable (do not use for cooking/keep in refrigerator)
<ul style="list-style-type: none">• Palm oil• Coconut oil• Butter• Lard	<ul style="list-style-type: none">• Olives (oil)• Almonds (oil)• Pecans (oil)• Cashews (oil)• Peanuts (oil)• Avocados <p>Omega-6s</p> <ul style="list-style-type: none">• Black currant seed oil• Evening primrose oil• Sunflower oil• Sesame (oil) <p>Omega-9s</p> <ul style="list-style-type: none">• Extra virgin olive oil• Hazelnut (oil)	<ul style="list-style-type: none">• Safflower oil• Sunflower oil• Sesame (oil)• Soybean (oil)• Corn oil• Nuts (oil)• Seeds (oil) <p>Omega-3s</p> <ul style="list-style-type: none">• Fish (oil)• Flax seed (oil)• Wheat germ (oil)• Walnut (oil)• Hemp seeds (oil)



Here are a couple of awesome foods that have the complete omegas: Avocados, Flax Seed Oil, Hemp Seed Oil, Pumpkin Seed Oil, Walnut Seed Oil and Wheat Germ Oil. With honor to these over achieving foods, it is not essential to take all of the Omegas. The body can convert Omega-3s into necessary Omega-6s and Omega-9s. The body seeks a balance and having an improper balance of Omega is undesirable.

How does processing, preparing or storage turn a good fat to bad? Companies can process the fats by pressing, heating and leaching the fat from the source. Heating and leaching denatures the nutrients from the fat and the heating process turns the fat into toxins. Companies can also add hydrogen, thus producing hydrogenated or partially-hydrogenated fats. This process adds texture, flavor and prolongs the shelf life. The fat is often stored in a plastic clear container, which usually contains toxins such as BPA. If the fat is not completely void of nutrients by this point, then the longer an unstable fat sits under light and at room temperature, the quicker it will also become denatured and rancid.

All this is fun and great information, but what does this mean for the body? On a cellular level, a low fat or poor quality fat diet is detrimental to one's health. The body is comprised of building blocks that are extracted out of the foods we consume. One of the most essential components in these building blocks is derived from fats. If the body is deficient from high quality, healthy fats, then our cells will not have enough energy and nutrients to do their jobs. If the cells cannot do their jobs, then the organs begin to become ineffective. If the organs are ineffective, then they begin to fail. This is the cause of disease. So, eat your butter and be happy:)

References:

- <http://www.californiaavocado.com>
- Nutritional Therapy Association
- Fats that Heal Fats that Kill 8th printing