



In the world of Nutrition, we can be bombarded with conflicting and misleading information. I'm talking about.. how dietary fats are not all created equal. Are you confused?

The "types of fats" we eat can relate to the amount of inflammation we have in our body. Inflammation is the prime component of a number of disorders, including obesity, arthritis, allergies, asthma, diabetes, atherosclerosis, colitis and many others including autoimmune disorders.

Heavily processed trans-fats are extremely damaging to our body. They are the type of fat you want to steer clear from. They are commonly used in restaurants and to make packaged foods stay fresher - longer.

The fat content of our diet is so important because our cell membranes are made of lipids and lipid-derivatives such as phospholipids. An imbalanced "fat diet" can lead to deranged cell membranes, which leads to cells that are less protected and more prone to damage by oxidative radicals.

Our bodies need "good fats" for insulation, vitamin and mineral absorption, and to protect our skin, heart and brain function. These good fats can also help balance our metabolism.

**Some Good fats are:**

Avocados, Organic Raw Almonds, Organic Raw Walnuts, Organic almond butter, Organic coconut oil and Organic Virgin Cold Pressed Olive Oils.

**The ugly on bad fats:**

Did you know Crisco oil was first intended to be candle wax, yet some still use this when baking pie crust.

Toxic Vegetable oils are oils extracted from seeds like, soy, sunflower, safflower, etc. Chemical processes allowed them to be extracted. Unlike coconut oil, these vegetable oils can't be extracted just by pressing or separating naturally. They must be chemically removed, deodorized, and altered.(1) These are some of the most chemically altered foods in our diets, yet they get promoted as healthy.

Vegetable oils are found in practically every processed food, from salad dressing to mayo to your favorite ice-cream and conventional theater popcorn. These oils are some of the most harmful substances you can put into your body. They can lead to weight gain, acne, gallbladder issues and high blood pressure. Vegetable oils contain a very high concentration of Omega 6 fatty acids and polyunsaturated fats, which can cause an imbalance in the body.

**What you can do.**

Oils like flaxseed, almond, walnut, and pumpkin seed are best to use unheated in dressings.

Avoid all margarine and hydrogenated vegetable oils. These are trans- fats. Margarine is NOT a better choice than real organic

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cold pressed olive oil. Avoid all non- fat and low- fat products, roasted nuts and fried foods. Besides oils these foods can contain unwanted chemicals and toxins.

Remove unhealthy fats and add in healthy fats, for true weight loss for life.

Connie Rogers is a Certified Integrative Nutritional Holistic Health Coach and owner of [www.bitesizepieces.net](http://www.bitesizepieces.net) and [www.weightlossforlifechange.com](http://www.weightlossforlifechange.com)

**Footnotes:**

1- The Wellness Mama

2-<http://drhyman.com/blog/2013/10/28/milk-dangerous-health/#close>

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