



EAT MORE FAT : Part 1 – Fat is Essential for Your Heart and Your Health

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I'm eating a lot of fat these days. Contrary to popular belief, good quality fats are essential to your health. Changing your diet to include more good quality fat can significantly improve your health by lowering your body weight, decreasing insulin levels, improving vitamin and mineral absorption, and lowering "so-called" heart health indicators including cholesterol and triglycerides.

In this six part series I'll give you all the information you need to understand and use fat to improve your health.

Part 1: Fat is Essential for Your Heart and Your Health

[Part 2: Heart Disease is NOT the Result of Fat Consumption](#)

[Part 3: What are SFA, MUFA, PUFA, and Omega 3 & 6 Fats?](#)

[Part 4: How to Avoid Unhealthy BAD Fats](#)

[Part 5: How to Balance Your Fat Intake for Optimum Health](#)

[Part 6: The Buyer's Guide for Fat including Cooking Safely with Fats](#)
(Links to parts 2-6 will be posted weekly thru Jan and Feb 2013)



Healthy Fats

Fat plays many critical roles in maintaining your health.

- The outer layer of every cell in your body is constructed from fats. This cell membrane controls the entry of nutrients into the cell and the exit of waste products out of the cell, affecting your health on a second by second basis.
- The brain is constructed of 60% fat and 25% cholesterol. Deficiencies in fat intake can cause cognitive issues.
- Fat soluble vitamins (A,D,E,K) require fat for proper absorption. Many of these fat soluble vitamins act as antioxidants, preventing degeneration of bodily tissues. Full absorption of the vitamins in vegetables requires eating them in combination with fat and fat makes food taste good.
- Hormones controlling sexual function and managing inflammation are constructed from fats and cholesterol.
- Fat provides long burning energy and signals the brain to shut off appetite. When



consumed with carbohydrates it slows their absorption reducing blood sugar levels and preventing carb cravings. When carbs are not available fat storage provides fuel to keep the body running.

- Fatty acids are the heart's main source of fuel
- Fat is essential to the production of bile. Bile is essential to the absorption of fat and plays a critical role in keeping the bowels regular.
- Fat cushions and insulates vital internal organs.

Eating good quality fats is absolutely essential to your health. We've been taught that fat is the enemy, but nothing could be further from the truth. In Part 2 of this series we'll investigate the roots of the anti-fat agenda and see how it compares to the facts.

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