

Fats/Oils to Avoid



Written by:
Marilyn Williams
Certified Nutritional Counsellor &
Dietary Consultant



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The harmful fats and oils you
need to steer clear of are all
man-made, such as:

Vegetable and Seed Oils

- Canola
- Corn
- Soybean
- Grapeseed
- Safflower
- Peanut oil
- Cottonseed
- Vegetable oils

These are all highly processed with many of them prone to being GMO.

They contribute to inflammation but are the most common types of oils used in restaurants and can be an ingredient in salad dressings.



Hydrogenated or Partially Hydrogenated

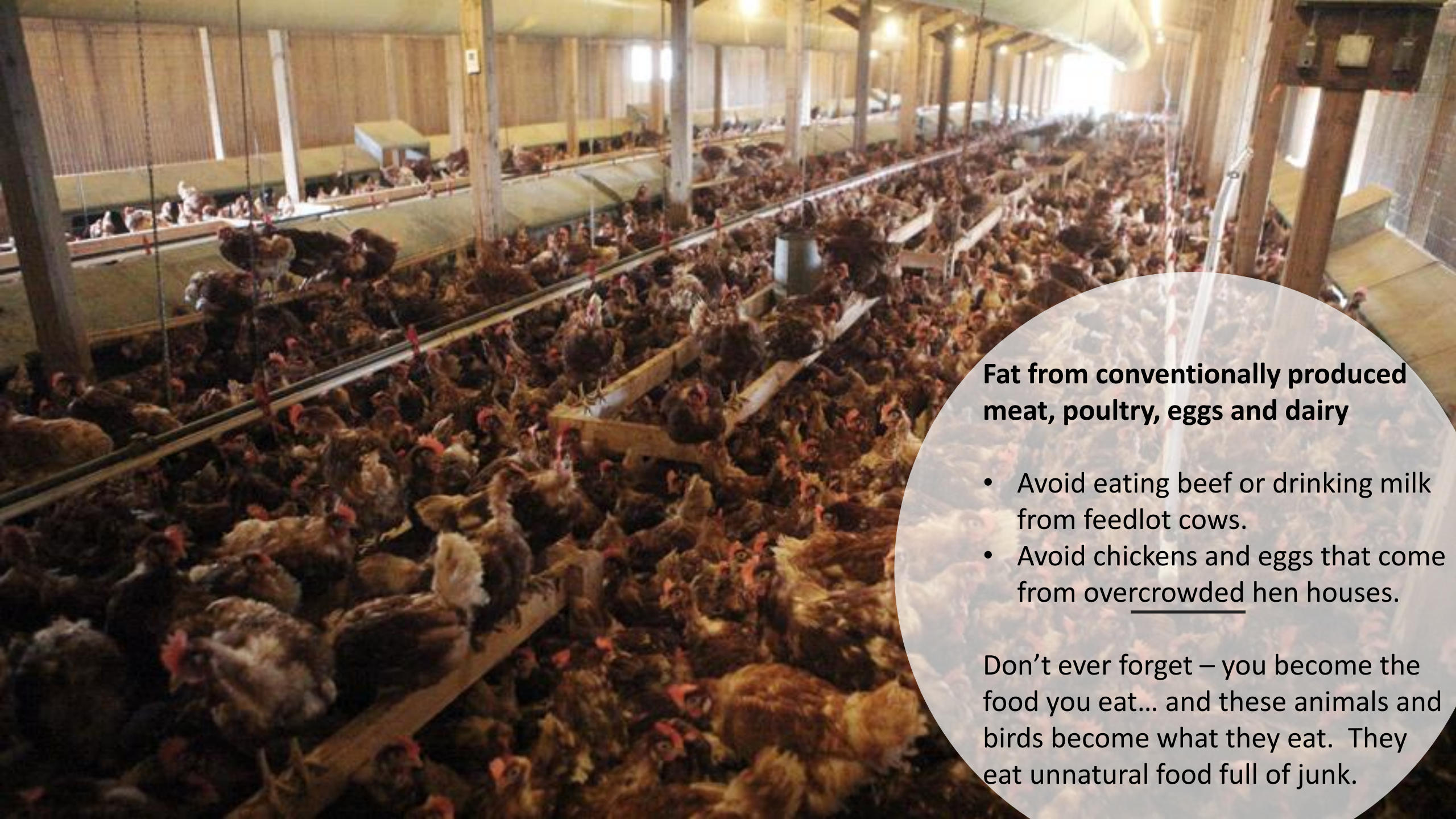
Made using a chemical process. They take oils from the previous list and turn them into a solid fat eg: margarine and vegetable shortening.

The process causes them to become trans-fats which are particularly bad for your health.



**“Even small amounts of trans fats can harm health:
for every 2% of calories from trans fat consumed daily,
the risk of heart disease rises by 23%.”**

Taken from the Harvard Medical School “The truth about fats: the good, the bad, and the in-between” (2)



Fat from conventionally produced meat, poultry, eggs and dairy

- Avoid eating beef or drinking milk from feedlot cows.
- Avoid chickens and eggs that come from overcrowded hen houses.

Don't ever forget – you become the food you eat... and these animals and birds become what they eat. They eat unnatural food full of junk.

Trans Fat

An extremely unhealthy by-product of industrial fat production which should be totally avoided!

It's associated with:

- High instances of heart disease
- High cholesterol (increases 'bad' cholesterol levels and lowers the levels of 'good cholesterol'.)
- Obesity

Although trans-fats have been banned in the American food supply, at this time it is still widely available here in Australia.

Items containing trans fats:

- Chicken nuggets
- Doughnuts
- Cakes
- Biscuits
- Pasties
- Microwave popcorn
- Margarine
- Hash Browns... and many more...



Trans fats are formed when vegetable oils are treated with hydrogen which changes the chemical composition.

This process allows the liquid oil to remain solid at room temperature.

This prevents biscuits and cakes from going soggy and extends their shelf life.

Avoid Canola Oil

One of my biggest concerns is the wide use of Canola Oil in cooking pre-cooked and fast foods, as well as the belief it's the healthiest oil to use in the home.



Avoid Canola Oil



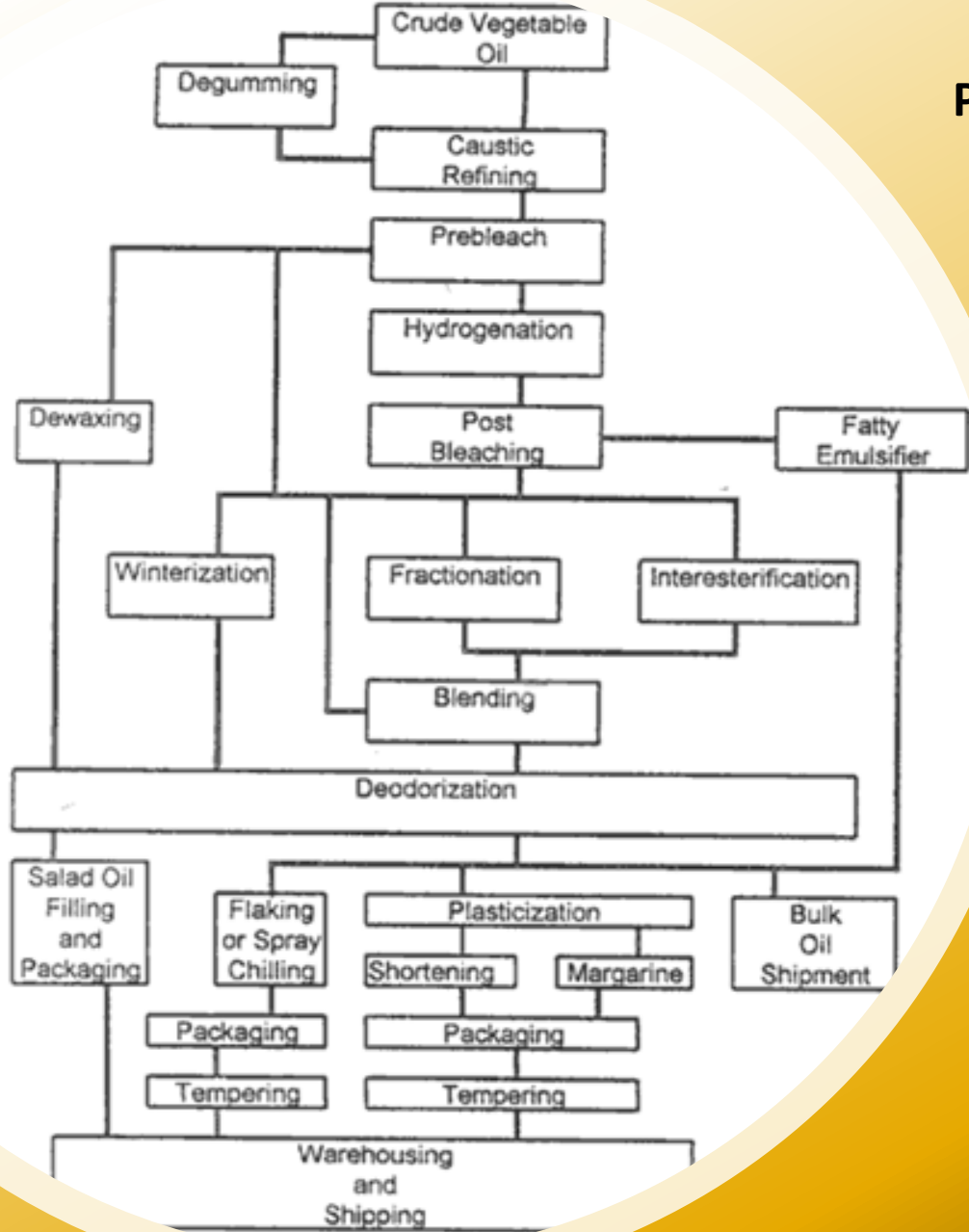
This oil is everywhere... potato salad, coleslaw, egg salad, pasta salad, chicken salad, tuna salad, baked goods such as breads and pastries... I could go on and on. And what's more, many people use it at home for all their cooking requirements.

In 1995, canola oil was genetically engineered to contain bacterial DNA that would make it resistant to toxic herbicides (Roundup). Released to the market as a "healthy" oil, consumers weren't told that **82% of the world's canola** is GMO.



Avoid Canola Oil

The TRUTH About
CANCER



Processing Canola Oil from Rapeseed Oil... then we eat this stuff!

The caustic manufacturing process of canola should be enough to cause you to avoid this toxic oil.

Avoid Canola Oil

It's even in almost all prepared foods at the health food stores, that's how far the deception goes!

Even the animals and insects avoid it... so why wouldn't you?

What does Canola do?

- Depletes Vitamin E & increases lung cancers
- When used to deep fry becomes trans fat
- Goes rancid easily but you can't taste when it has gone off
- Undermines natural antioxidants
- Linked to the increased incidence of many diseases
- Shortens the lifespan of animals in testing
- Compounds bronchial and asthmatic issues
- Exacerbates allergies because of a high Sulphur content
- Increases the rigidity of membranes which can trigger degenerative diseases





There is so much more that could be said about Canola...

All you can do is try to avoid it as much as humanly possible.

If you buy pre-packed, pre-made goods of any sort... you must read the labels because most of them will have it in their ingredients!



As a good alternative:

Use Olive Oil to:

- Add to salads
- Add to cooked vegetables

And low-heat cook with Coconut Oil and Grass-Fed Butter

We talk more about this later in the lesson...

Avoid Vegetable Oils

You also need to watch out for any vegetable oils, including Soybean oil. Just like Canola Oil they are often genetically modified and have been partially hydrogenated.

Partially Hydrogenated... what does that mean?

It's when they take a liquid unsaturated fat and turn it into a solid fat by adding hydrogen. *In doing so, trans fat is made.*

This is done to:

- Improve the oil's shelf life
- Save money
- Add texture
- Increase stability.

What foods contain it?

- Bought fried foods
- Processed and packaged foods
- Margarine & vegetable shortening
- Premade baked foods
- Ready-to-use dough
- Coffee creamers, both dairy and nondairy

Buyer Beware!



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*		
Serv. Size 4 cookies (32g) Servings 9		Total Fat	7g	11%	Total Carb.	20g	7%
Calories 150 Calories from fat 60		Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
		Trans Fat	0g		Sugars	10g	
		Cholest.	0mg	0%	Protein	2g	
		Sodium	115mg	5%			
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					
INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.							

Deception marketing can go as far as marking on *fruits and vegetables* that they contain 'no trans fats' when trans fats are generally only seen in junk foods!

Conditions linked to Vegetable Oils

Look at all the conditions these oils have been linked to:

- Atherosclerosis
- Birth defects
- Bone and tendon problems
- Cancer
- Diabetes
- Digestive disorders
- Heart disease
- Immune system impairment
- Increased cholesterol levels
- Learning disabilities
- Liver problems
- Low birth weighs
- Obesity
- Reduced growth
- Sexual dysfunction
- Skin reactions
- Sterility
- Vision reduction



*“Unsaturated fat makes up **74%** of the fat that is found in clogged arteries, and more than half of that is polyunsaturated fat (vegetable oil)”* explains Dr. Josh Axe, a leading expert in progressive health and nutrition.

A close-up photograph of a soybean plant. The image shows several green, fuzzy pods hanging from a stem. The background is blurred, showing more of the plant and some green leaves. The lighting is natural, highlighting the texture of the pods.

Soy... Good or Bad?

Soy contains 'phyto-estrogens' which are estrogen mimickers in the body.

Increased estrogen causes for the:

- **Male** – More feminine characteristics
- **Female** - Increased risk of breast cancer, cervical cancer, and other hormone imbalance-related disorders.

Although at this point in time Soy is not genetically modified here in Australia, imported Soy very well could be. 90% of all Soy produced in the USA is GMO.

GMO foods kills off the good bacteria in your gut and damage the workings of your digestive system.

If the Soy is organic *and has been fermented*... then it can actually be very good for you. Probiotic foods known as Natto, Miso or Tempeh can be great for your health.

One of the common ingredients in thousands of commercially produced foods is cottonseed oil. A little example:

- Canned foods
- Chips
- Countless packaged items
- Gatorade and many other beverages

But did you know that cotton is not a food crop?

Did you know that virtually anything can be sprayed on cotton plants? Many dangerous poisons. It's the most highly sprayed crop in the world! It is the world's dirtiest crop due to heavy use of pesticides etc.

It is one of the top four genetically engineered crops along with soy, canola, and corn. Even with all this they still use the oil for human consumption!!!



You've Been Lied to by the Food Manufacturing Industry!

Dr Mercola from <http://mercola.com> states that two of the most harmful ingredients in processed foods are:

- **High Fructose Corn Syrup** (covered in the Sugar lesson)
- **Soybean Oil** – whether partially hydrogenated, organic or made from new soybean varieties modified in such a way as to not require hydrogenation.

These two ingredients, either alone or in combination, can be found in virtually all processed foods. Remember, when soybean oil is partially hydrogenated it creates Trans Fat.

One of the biggest nutritional myths in the world, is that the soybean is healthy for us. The Asian market is always quoted but the truth is they only eat it in its fermented state and even then, only in small quantities.

Don't think if it's 'organic' that its any better... nope! It's still soy.

But what about Soybean Oil?

Years ago, tropical oils such as coconut oil was widely used in the food production, but they became demonized so that the manufacturers could introduce corn oil, soy oil and canola oils.

We do need some omega-6 fats in our body, but they are widely available in nearly every animal food and many plants. This means that the human body is generally way in excess and out of balance with omega-3 fats.

Because Soybean Oil is highly processed, the omega-6 fats it contains is damaged which only compounds the problem of getting so much in our diet.

It promotes chronic inflammation, which is behind virtually all chronic diseases.

