



Written by:
Marilyn Williams
Certified Nutritional Counsellor
& Dietary Consultant

Healthy Fats and Oils



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Natural Sources of Healthy Fats

GOOD FATS

Use these...

Avocados
Eggs
Coconut Oil
Raw Nuts
Olive Oil
Salmon
Flaxseed
Leafy Green Veg
Organic Butter
Organic Nut Oils

BAD FATS

Lose these...

Margarine
French Fries
Doughnuts
Cookies
Pastries
Crackers
Processed Meats
Canola Oil
Hydrogenated Oils



Organic Nut Oils
Organic Butter
Leafy Green Veg

Hydrogenated Oils
Canola Oil

Natural Sources of Healthy Fats

Coconut Oil – improves brain and memory function (anti-inflammatory)

Extra Virgin Olive Oil – high in antioxidants (anti-inflammatory). (Beware of fake oils and do not cook with it)

MCT oil – (Medium-chain-triglycerides) a type of saturated fat our body loves. Heart health, brain food and reduces inflammation



Natural Sources of Healthy Fats

Grass-fed organic beef – Omega-3 helps prevent cancer and other diseases like diabetes and cardiovascular disease.



Natural Sources of Healthy Fats

Full-fat Dairy (if you are lactose tolerant).
Yoghurt is full of omega-3 fatty acids, vitamins and protein, but the most important are the probiotics.



Natural Sources of Healthy Fats

Avocados

One of the healthiest fruits you can consume.



Dark Chocolate

Tastes great and a superfood! High in healthy fat and rich in antioxidants helps protect our bodies from free radicals which cause disease.


- Eat 70% cacao or higher to minimize sugar and get a solid antioxidant boost.
- I purchase organic cacao powder rather than blocks of chocolate, because who knows what else is added.



Natural Sources of Healthy Fats

Eggs – free-range eggs, not cage.
Eat whole egg.



A close-up photograph of a yellow butter dish containing a block of butter and a portion of ghee. The butter is a pale yellow color, and the ghee is a slightly darker yellow. The dish is set against a dark background.

Butter and Ghee (preferably made from raw or at least grass-fed and organic).

Ghee is perfect for higher temperature cooking, but care must be taken with butter.

**Natural Sources
of Healthy Fats**



Natural Sources of Healthy Fats

Nuts and Seeds
Brain food

High antioxidant

Naturally combats depression

Wild caught Alaskan Salmon
(85 grams = 42% daily needs)



Ground Flaxseed
(One Tablespoon = 39% daily needs)



Four Natural Ways to receive Omega-3

Hemp Seeds

(One Tablespoon = 25% daily needs)



Chia Seeds

(1 Tablespoon = 60% daily needs)



So, What Should I Cook With?

The best oils you can use for cooking, as extensively corroborated by the renowned Weston A. Price Foundation, include:

- **Butter** (preferably grass-fed butter that is darker yellow in colour)
- **Tallow and suet** from both beef and lamb (pastured with no hormones or antibiotics)
- **Chicken, goose, and duck fat** (pastured with no hormones or antibiotics)
- **Coconut, palm, and palm kernel oils**



When Invited Out for Dinner

I'm a great believer that when you are invited out to dinner with friends or acquaintances, you should always eat whatever is put in front of you.

"When in Rome, do as the Romans do!"

The Bible teaches us to 'give thanks' and then to eat.

If you have a food intolerance, vegetarian or vegan etc. please let the host know before your arrival. This saves any embarrassment of food being prepared for you that you cannot eat. No-one wants you to eat food that could make you sick.

It's always good to share what types of foods you are happy to eat, giving a wide variety of choices, as there are so many different variations to vegetarian, you can't expect your host to have to guess what you will and will not eat.

If it's a buffet style, then of-course you only need choose whatever foods are pleasing to you so there's no problem.

Point-blank refusing to eat generally accepted food is nothing short of rude if you have not shared with your host first.

