

# **Know Your Fats**

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Quick Reference Guide



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Fat is a macronutrient that is crucial to the proper functioning of our bodies. It plays many important roles, including being our main source of energy.

Fats are made up of individual fatty acid molecules which join together to make chains. These chains vary in length (short-, medium- or long-chain), and each type of fat offers different benefits. The structure of fat also determines whether a particular fat is solid or liquid at room temperature.

For years, we have been taught that fat should be avoided at all costs, but this is just not true. We need fats – the good fats – to live. Here is a brief summary of the good, the bad, and the ugly types of fat that we discuss in this book.

### **THE GOOD FATS**

Good fats are fats that have not been hydrogenated, manufactured with high temperatures or otherwise damaged in processing. Good fats include a variety of

saturated, monounsaturated, and polyunsaturated fats. We suggest you include these fats regularly in your diet!

Our bodies use good fats (and cholesterol) to maintain healthy cells. Good fats also support healthy immune and hormonal systems. In this book we show you why—contrary to popular belief—healthy saturated fats actually fall into the **good** category when eaten with a balanced and varied diet. Good fats include items like butter, coconut oil, palm oil, and even animal fats like lard and tallow.

### **THE BAD FATS**

The bad fats include processed, heated, deodorized and/or bleached vegetable oils and rancid fats. We suggest you avoid these bad fats. Examples include vegetable oils like corn, soy, canola, sunflower, safflower, and cottonseed oils. Any polyunsaturated oils that have been exposed to heat, light or oxygen in manufacturing should be avoided.

### **THE UGLY FATS**

Ugly fats include hydrogenated or partially hydrogenated oils and trans fats. These ugly fats are often found in margarine and spreads as well as many baked goods and processed foods. Vegetable oils that have gone through the interesterification process are even uglier than trans fats are. These altered fats have no place in the diet or in our food supply! Ugly fats offer no nutritional value

and have been linked to the rises in obesity, metabolic syndrome, heart disease, and cancer.

#### **SUMMARY OF GOOD FATS TO INCLUDE**

- Avocado
- Butter
- Chia seeds
- Coconut oil
- Coconut milk
- Cod liver oil
- Duck, chicken, and goose fat
- Flax oil and seeds
- Ghee (clarified butter)
- Lard
- Nuts and seeds
- Olive oil (extra-virgin)
- Palm oil
- Pastured organic meats
- Sesame oil (expeller pressed)
- Tallow

#### **SUMMARY OF BAD AND UGLY FATS TO AVOID**

- Canola oil
- Corn oil
- Soybean oil
- “Vegetable” oil

- Peanut oil
- Sunflower oil
- Safflower oil
- Cottonseed oil
- Grapeseed oil
- Margarine
- Shortening
- I Can't Believe It's Not Butter (You better believe it!)
- Smart Balance (Not a smart idea!)
- Any fake butter or vegetable oil products