

FAT for health

Healthy sources of fat are essential for good health. Fat from various foods are involved in satiety, provide essential Omega 3 and Omega 6 fatty acids (which the body cannot produce on its own) and fat soluble vitamins both of which are involved in numerous important functions in body cells. Thus it is important that everyone including fitness enthusiasts, recreational sports individuals as well as athletes try and include as small amount of healthy fat from whole foods or other fat sources every day in each meal. This would translate into adopting a low fat eating plan most of the time but never a fat free diet.

Healthy fats sources include:

Animal	Plant	Other
Providing omega 3 Fatty acids (providing preformed EPA & DHA)	Providing omega 3 fatty acids (No preformed EPA & DHA)	Providing omega 3 Fatty acids (providing preformed EPA & DHA)
Fatty Fish:	Seeds:	Omega 3, Food Supplements
Cape Salmon	Flaxseeds	
Sardines	Nuts:	
Mackerel,	Walnuts, almonds, pecans	
Shrimp,	Some vegetable oils:	
Butter fish,	Canola oil, flax seed oil, walnut oil	
Tuna fish- (Fresh not tinned)	Winter squash:	
	Pumpkin, Butternut	

Animal	Plant	Other
Providing omega 6 Fatty acids	Providing Omega 6 fatty acids	Providing omega 6 Fatty acids
Butter	Seeds:	Safflower (borage) oil capsules
Clarified Ghee	Flax seeds, sunflower seeds	
	Nuts:	
	Walnuts, almonds, pecans,	
	Cashews, macadamias, peanuts	Evening primrose oil capsules
	Nut butter:	
	Almond butter, peanut butter	
	Fruit:	
	Avocado, olives, coco-nuts	
	Seed oils	
	Sunflower oil, Safflower oil	
	Canola oil, sesame oil	
	Cold pressed Nut oils	
	Peanut oil, Almond oil, walnut oil	
	Cold pressed fruit oils	
	Avocado oil, olive oil, coco-nut oil	

Note

Never use nut oils or fruit oils for cooking as they are unstable and change structure at high temperatures no longer providing health benefits.

Use small amounts of nut oils or fruit oils at room temperature to lightly drizzle over cooked vegetables, pasta or salads.