

STRIP OUT THE BAD FATS!

The 'Not So' Good = *Saturated* (when consumed in high proportion)
The Ugly = *Trans Fats* (Hydrogenated Oil / Fat)

Trans Fats, also known as **Hydrogenated Fats** and **Oils** lurk in processed foods. Everything from fast food to ready made meals and biscuits are packed full of it – even margarine! Look out for it on the ingredients list of your favourite foods. If it's listed don't eat it.

This form of fat is a man made structure resembling plastic, added to foods to give them a longer shelf life and very hard for the body to process. Avoid it like the plague if you want good health and a pleasing figure! You'll be surprised how often this name pops up in the foods that you eat...



'**Trans Fats**' have no nutritional value and the body finds it almost impossible to digest or process these deadly impostors! They really are giving good quality fats a bad name! **Trans Fats** are used by food companies, instead of oil, because they reduce cost, extend a product's shelf life and help to improve the food's perceived flavour and texture.

"Trans fats; often described as a heart attack in a box"

These fats, also known as trans fatty acids, are an artery-clogging, cancer-causing fat, formed when vegetable oils are hardened into margarine or shortening, to be used in cakes, biscuits, confectionery and fried foods.

Not only are Trans Fats present in many foods today, but they are known to raise your "bad" cholesterol levels, while lowering your "good" cholesterol levels. Trans Fats can also contribute to type 2 Diabetes, heart disease, and many other serious health problems. Enough said!



SIMON'S TIPS: TRANS FATS

Look for 4 prime Trans Fat suspects. Trans Fats will be disguised as one of the four following ingredients. Learn to sniff out the bad fats: 'hydrogenated vegetable oil', 'partially hydrogenated vegetable oil', 'vegetable shortening' and / or 'margarine'.

Be sure to check the ingredients list. If the words "partially hydrogenated" appear in the ingredients, the product contains Trans Fat. If you see the word "shortening" in the ingredient list, the product probably contains partially hydrogenated oil - Trans Fat.

Know where Trans Fats lurk. Be aware that most crackers, marketed as healthy, contain Trans Fats! Trans fats are found in thousands of everyday food products, including margarine, cakes, pies, biscuits, some vegetable oils, cheap chocolate, ice cream, puddings & pudding mixes, pizza, crisps, doughnuts, gravy & sauce mixes, ready meals and many foods marketed at children, including some sugary breakfast cereals. These fats are also buried in snack foods, fried foods and baked products, as well as in most fast food. **40% of products in your supermarket could contain Trans Fats!**

Ditch margarine and opt for butter in your diet instead. Margarine and butter-like spreads are high in Trans Fats. They may be marketed as the healthy alternative to butter, but they aren't! Go for an unsalted butter to use in cooking and on your bread.

EAT GOOD QUALITY FATS INSTEAD (And Drop body fat)

Contrary to popular belief, some fats and oils are essential for optimal health. Knowing the difference between good and bad is crucial.

The Good = *Polyunsaturated* and *Monounsaturated* (Essential Fats)

Follow the general rule: *Good fats tend to be liquid at room temperature. Bad fats are solid.*



POLYUNSATURATED: In your daily diet you need good quality fats for optimal health – **Omega 3's**. Adequate consumption of these fats will actually help you lose body fat, while a low supply in your diet will slow your fat-loss efforts down! Good fats boost your immune system, keep your metabolism raised and ensure your brain stays alert. They lower the total amount of fat in your bloodstream (*bad cholesterol*), helping lower your blood pressure and decrease your risk of getting heart disease. These fats are **ONLY** available in the food that you eat. The body cannot make them itself, so it is crucial that they are made part of your diet.

Omega 3's can be found in fish (again quality is important), as well as nuts, seeds, organic eggs and green leafy vegetables. It can also be found in quality grain products, soybeans, quality cooking oils (olive and nut oils), dressings, and, of course, your daily fish oil supplement.

Don't worry if you feel confused: The meal plan provided will ensure that you eat the right types of fat, in the correct amount, while avoiding the wrong kind.

MONOUNSATURATED: Also known as **Omega 9's**, these are another good source of fat that will help you reduce the total amount of bad cholesterol in your blood, but are not as essential as the polyunsaturated kind. The two usually go hand in hand on food packaging lists. These fats are best found in quality oils, such as olive, walnut, peanut and sesame seed, as well as nuts, seeds and avocado.

SIMON'S TIPS: GOOD FATS AND OILS

Eat the following: Butter, Cream, Avocado and Hummus. **Oils:** Almond / Flax / Peanut / Sesame / Sunflower / Walnut. **Nuts / Seeds:** Walnut, Pumpkin, Peanut, Sunflower, Sesame, Almond, Cashew, Brazil, Pecan, Chestnut, Pistachio, Coconut, Macadamia



Get your essential fats from Linseeds. Choose *Linusit Gold*. These linseeds are rich in essential fatty acids and fibre, helping maintain digestive regularity. Add them to breakfast options and lunchtime salads. They are perfect for vegetarian and vegan diets.

Fat contains twice as many calories as carbohydrates or protein. Good quality fats are a vital part of your daily diet, but because fat contains over twice as many calories as carbohydrates or protein, (1 gram fat = 9 calories, 1 gram carbs/protein = 4 calories), you need to make sure that you're not getting too much of a good thing. Go easy on oils when cooking. Always drain meats and fish of fat before serving.



Avocado and Hummus are 2 of the few foods that provide a good source of fats. Eat half an avocado with bacon as a tasty lunch option, or have hummus as a dip with raw vegetables or pitta bread.

Use Butter and Cream SPARINGLY.

Nuts and Seeds are good sources of fat and protein, but go easy!