

Dr. Anthony Salzarulo DC, PC

304 Park Ave South, 11th Floor
(Corner of 23rd Street)
New York, NY 10010
Phone (212) 475-2222
www.DrSalzarulo.com

Yes – Fats Can Be Healthy for You!

Much of the information regarding dietary fat intake is confusing and conflicting. Most people try to avoid all fats because they are misinformed.

Optimum health requires optimum fat intake. **This is why low fat and fat free diets are dangerous to your health.** In other words, you need fats in your diet -- but it must be the right kind. Approximately 95% of the U.S. population does not get the right kinds of fats to stay healthy. They eat refined, processed, overheated, hydrogenated and solvent-ridden oils.

How And Why Are Trans Fats Produced?

Trans fats (or trans-fatty-acids) are produced when liquid vegetable oils undergo a food refining process called "hydrogenation." During this process, hydrogen is added to make the oils more solid. Food manufacturers produce these "hydrogenated vegetable fats" because they deteriorate at a slower speed thus permitting food products a longer shelf-life.

Avoid all hydrogenated and partially hydrogenated fats. These are the bad fats and they are poisons to your system. Never eat margarine again!

Why Are Trans Fats Unhealthy?

A growing body of medical evidence indicates that consumption of trans fat raises levels of LDL - the bad cholesterol- and reduces levels of HDL - the good cholesterol. This double whammy increases the risk of atherosclerosis (hardening of the arteries), which itself is an independent risk factor for heart attacks and strokes. Trans-fatty acids are also suspected of causing certain cancers, including breast cancer.

What Foods Contain Trans Fats?

Trans fat are commonly found in foods like: *shortenings, margarine, cakes, cookies, crackers, pretzels, snack foods, fried foods, donuts, pastries ,fatty cheeses, baked goods, and other processed foods made with "partially hydrogenated oils."* In addition, small amounts of trans-fatty acids occur naturally in various meat and dairy products.

Essential Fatty Acids are the good fats. They are called essential because it is essential that you eat them. Your body does not manufacture them.

The two basic categories of essential fatty acids are: Omega 3's and Omega 6's.

Omega 6 and Omega 3 essential fatty acids are best consumed in a ratio of about 3:1 - three omega 6 for one omega 3.

Most Western diets range between 10 and 20 to 1 in favor of omega 6, which is not good for health. We eat too much omega 6 fat and not enough omega 3 fat.

The primary sources of omega-6 are corn, soy, canola, safflower and sunflower oils, and in raw nuts and seeds. These oils are overabundant in the typical diet, which explains our excess omega-6 levels. (Primrose, grape seed, black currant and borage oils are also high in omega 6's). Omega 6 essential fatty acids are also found in raw nuts and seeds.

Omega 3's are typically found in Alaskan salmon, sardines, mackerel, lake trout as well as in flax, walnut and cod liver oils.

Increase your intake of Omega 3's and decrease your intake of Omega 6's.

One delicious way to add Omega-3's to your diet is by adding the Flax/Olive oil dressing to your salads.

*Recipe:

1 cup olive oil

1 cup flaxseed oil

3 cloves garlic (finely chopped)

½ teaspoon Celtic sea salt

**4 finely chopped sun dried tomatoes

**4 finely chopped kalamata or green olives

Black pepper to taste

**Optional

This dressing must be refrigerated and never heated or used for cooking.

It is very possible to stay overweight even though you avoid fats because improper fat consumption leads to sugar cravings. (Cakes, cookies, bagels muffins, etc.)

Actually essential fatty acids help with excess fat reduction. Why?

Because these fats:

- Increase calorie burning
- Reduce food cravings
- Increase energy
- Reduce appetite
- Improve digestion

Other benefits of Essential fatty acids are: increased stamina, improved brain function, (brain is 60% fat), improved digestion, stronger bones, lower glycemic index, lower triglycerides and cholesterol, and healthy hair, nails and skin.

Essential fatty acids can turn rancid very quickly. They should be kept away from light, heat and air - they should be refrigerated once opened. Also, they are destroyed by commercial processing, so always buy UNREFINED, FRESH COLD PRESSED. Finally, pesticides often gather in fats and oils, so buy ORGANIC whenever possible.

It is best not to cook with oils. When cooking with a low heat, use only butter, coconut and grape seed oils. These oils are more heat tolerant than others. **Never cook oils with a high heat! High heat increases dangerous free radical production.**