



NEED AN OIL CHANGE?

Deborah Lee Ph.D. Nutrition and Health

dlee@adams.net 217-228-2404 www.healthunlimitedplus.com

There is a great deal of confusion about what foods are heart-healthy. The biggest confusion seems to be with the topic of oil (or fat).

Until recently, words like saturated and unsaturated fat have been confusing. The term trans fat was coined as a way to help us better comprehend which fat is optimal for our cholesterol count and which is harmful.

We can now think about 'bad fat' and 'good fat.' Everyone needs to consume good quality oil every day.

Why?

Because good oil helps us to have moist and radiant skin, clear flowing arteries, good nerve transmission and strong immune systems

Top 10 sources of 'good fat'

1. Cold water fish (cod, salmon, tuna)
2. Nuts and seeds (*raw*: sunflower, almonds, pumpkin seeds, walnuts, and pecans)
3. Nut butters (using 100% nuts or seeds: sesame butter, almond)
4. Avocados
5. Canola oil (cold pressed)
6. Olive oil (extra virgin or virgin, cold pressed)
7. Soybean oil
8. Sesame oil (cold pressed)
9. Flaxseeds
10. Medicinal supplement oils such as flaxseed, evening primrose, black current and borage

that ward off attack...to mention just a few benefits. We can honor our bodies by ingesting wholesome oil daily.

Bad fats are called trans fats. These trans fats include vegetable oils that have been blended with hydrogen to increase a product's shelf-life. The common terms hydrogenated or partially hydrogenated are seen on food labels.

We need to read labels and consume less of these 'bad fats.' Most packaged and bottled foods are full of hydrogenated and partially hydrogenated oils. Trans fat also encompasses: red meat, poultry skin, butter, cheese

Top 10 sources of 'bad fat'

1. Most packaged cakes, cookies, doughnuts and similar foods
2. Cheese
3. Deep-fried foods
4. Ice cream
5. Margarine
6. Palm and palm kernel oil
7. Potato chips and other salty snacks
8. Poultry skin
9. Red meat (pork, beef, etc), most sausage and processed lunch meats
10. Shortening and lard

and lard. Most chips and fried foods also are considered 'bad fats.'

A quick study of the list above reveals the particular type of oil (or fat) we consume is crucial. Bad fats cause a clumping, or agglutinating process. Like sticky glue, trans fat clogs our system and we actually crave more fat...because the good oil is not getting absorbed. When we eat excessive amounts of chips, fries and other greasy food, we crave more. Actually, our body is saying, "I need good quality, lubricating oil; now!"

Honor your body and feed it good oils. You will look and feel better!

To learn more about cooking with heart-healthy oils and other foods, consider attending a Heart Healthy Cooking class. Victoria Taylor and I will be teaching two classes at Quincy Steamboat Company, 833 Kentucky. Classes are at 6 p.m., Tuesday, Feb., 28 and Tuesday, March 14. Call Quincy Steamboat Company at (217) 224-6644 to register.

I will be teaching a medicinal herb class - Transform Your Health, 9-Noon, Saturday, April 8. Call (217) 228-2404 for more information.

Top 10 problems from eating too much trans fat

1. Clogging of the vascular system; increased risk of heart disease and cholesterol problems
2. Chronic pain and inflammation; muscle fatigue
3. Dry skin; dandruff and skin problems
4. Weakening of the immune system
5. Increased cancer risk
6. Decreased testosterone in men and abnormal sperm count
7. Increased prevalence of diabetes
8. Increased risk of obesity
9. Gall bladder problems
10. Various neurological problems including ADD

Dr. Deborah Lee
Ph.D. Nutrition & Health
217-228-2404
224 North 6th (Downtown)
Quincy, IL 62301
dlee@adams.net

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