

FATS 101

ROLE OF FATS

➤ FAT IS A SOURCE OF ENERGY

Fat is the most energy dense macronutrient, and it is also easily stored and transported within the body. The body can store unlimited amounts of fat.

➤ FAT FORMS THE PRIMARY COMPONENT OF CELL MEMBRANES

Cell membranes are partly composed of a specific type of fat called phospholipids.

➤ FAT INSULATES THE BODY FROM EXTREMES OF TEMPERATURE

Fat can protect vital organs by providing a cushion layer in cold environments.

➤ FAT CAN KEEP YOU FULL FOR LONGER

Eating more fat dramatically increases satiety levels. Therefore you can eat less yet feel more satisfied in the process.

➤ FAT IS A CRUCIAL PLAYER IN MANAGING INFLAMMATION

The fat found in fish contains the essential omega 3 fatty acids, which provide health and performance benefits due to their highly anti-inflammatory properties.



TYPES OF FATS - UNSATURATED FATS

An unsaturated fat is a fat or fatty acid in which there is at least a single double bond within the fatty acid chain

1

Polyunsaturated Fat (OMEGA-3 & OMEGA 6)

OMEGA-3 Found in:

- Salmon
- Tuna
- Mackerel
- Chia seeds
- Flax seeds
- Walnuts

OMEGA-6 found in:

- Nuts
- Seeds
- Vegetable oil (corn, soybean, sunflower)



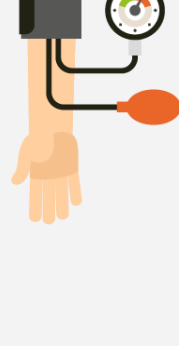
TYPES OF FATS - UNSATURATED FATS

1

Polyunsaturated Fat (OMEGA-3 & OMEGA 6)

Benefits:

- Lower heart rate and improve heart rhythm
- Decrease the risk of clotting
- Lower triglycerides
- Reduce blood pressure
- Improve blood vessel function and delay the build-up of plaque (a fatty substance) in coronary arteries



TYPES OF FATS - UNSATURATED FATS

2

Monounsaturated Fat

Found in:

- Avocados
- Almonds, cashews and peanuts
- Cooking oils made from plants or seeds like canola, olive, peanut, soybean, rice bran, sesame and sunflower oils.

Benefits:

- Can lower LDL cholesterol (the bad)
- Lower risk of heart disease
- Source of vitamin E



TYPES OF FATS - SATURATED FATS

A saturated fat is a type of fat in which the fatty acid chains have all or predominantly single bonds.

Found in:

- Red meat
- Dairy products
- Coconut oil

Benefits:

- Uniquely resistant to heat and rancidity
- Essential for proper nutrient absorption
- More satisfying, and help curb cravings
- May boost metabolism and aid weight loss efforts



TYPES OF FATS - TRANS FAT

Trans fats, or trans-fatty acids, are a form of unsaturated fat. They come in both natural and artificial forms.

Found in:

- Processed foods
- Hydrogenated fats and oil (e.g. margarine)

Health Risks:

- Raise LDL cholesterol levels (the bad)
- Lower HDL cholesterol (the good)
- Increase risk of heart disease and stroke
- Higher risk of developing type 2 diabetes



A HEALTHY FAT INTAKE

For a healthy individual seeking a balanced macronutrient diet, then 30% of daily caloric requirements should come from healthy fat.

This can be broken down into the three different types:

- 10% should be consumed from monounsaturated fat
- 10% should come from polyunsaturated fat (omega 3 & 6)
- 10% should be from saturated fat
- Hydrogenated fat should be avoided

This means an intake for a typical 2500kcal diet would equal 83g of dietary fat per day.

