

Fat is *not* a bad word...

Fats are good for us. We need to have fat in our diet to be healthy.

I know someone who went on a fat-free diet for an extended period of time.

Sure, she lost a ton of pounds. Along with her hair, soft skin, and sense of humor!

What kind of fats should we eat?

Omega-3 and omega-6 fats are both considered essential, as the body cannot make them on its own.

Omega-3s are found in plants, some nuts, and cold-water fish, while Omega-6s are primarily found in meat and some nuts and seeds,

Omega-3 fats have been shown to have an anti-inflammatory effect on the body, while on the other hand, omega-6 fatty acids can cause inflammation.

A small amount of inflammation can help the body with repair, but chronic inflammation is associated with many degenerative conditions including heart disease, diabetes, arthritis, and dementia.

So much to consider! What kinds of fats are best to include in your diet?

- If you like beef, choose grass-fed beef rather than animals who have been fed grain, soybeans, or hormones to fatten them up.
- Avoid corn and soybean oil and take cod liver oil or fish oil as a supplement in the form of a capsule. If you like it, eat fresh fish.
- Make sure to avoid farmed salmon. Look for the wild variety.
- The best oil for cooking and salad dressing is extra virgin olive oil.
- Eat plant foods that contain omega-3s, including flaxseed and flaxseed oil, walnuts and walnut oil, hemp seeds, pumpkin seeds, black currant seed oil, avocados and avocado oil, and green leafy vegetables such as spinach, kale, leeks, and broccoli.

Having more fats in your diet will help balance blood sugar and protects your brain and nervous system. Add healthy fat to every meal.