

Fats

There is a common belief among most of us that fat is our worst enemy and makes us gain weight and become sick. Actually, **we all need fats and we can't live without them because they make us healthy**. According to The U.S. Department of Agriculture's 2005 Dietary Guidelines adults should get 20%-35% of their calories from fats. Fats provide essential fatty acids that help deliver fat-soluble vitamins, they give us energy and help us to have soft skin.

But **there are bad fats we should avoid and good fats** we must choose from and we should consume good ones, but in moderation.

As I mentioned in my course "Wrong Diets", go away from any "high-fat diets".

In many countries today, we consume too much "bad" fats and not enough of the "good" fats. The average American person consumes 34% to 40% of his calories come from fat. Fat is easily available in our food supply and it can be so satisfying when we eat fatty products that we often crave them.

These fats can trigger an increase in the rates of type 2 diabetes, some cancers, as well as heart disease.

So what are the bad fats?

Bad fats are trans fats and saturated fats that increase disease risk, even if we eat them in small quantities. These bad fats are mainly found in some processed foods, and can increase the levels of cholesterol, can clog arteries, and raise the risk for heart disease. It has also been shown that they increase colon and prostate cancer risk.

Artificial trans fats are mainly formed during hydrogenation, a process in which hydrogen is added to vegetable oil. It forms a semi-solid product called partially hydrogenated oil. The other bad fats are found in animal products such as meat, milk, and eggs.

And what are the good fats?

Good fats are unsaturated fats, which include monounsaturated and polyunsaturated fats. These fats lower the risk of disease. Indeed they can help reduce the levels of cholesterol, and the risk of heart disease. Generally, these good fats are a good source of antioxidant vitamin E that most Americans lack in their diet. We can easily find these fats in extra virgin olive oil, coconut oil, avocados, and basically all nuts and seeds.

What about reduced-fat products?

Products that are labeled "low-fat" usually have the fat replaced by carbohydrates from sugar or refined grains. This can affect blood sugar and insulin levels, and can potentially result in weight gain and disease.

