

- Nutrition for health
- Herbal medicine
- Life change coaching

Tranzformations

Enjoy better health and a better life

Fats to fit you

Liz Copeland's newsletter
May 2007

In the past all fats were considered to be "bad" and we were advised to eat as little as possible. Now we know better. While fat chemistry is complex, here are some pointers to get you started in your quest for healthy fats.

What is fat for?

Sidney Macdonald Baker wrote "fat is not just to hold up your pants". How true. Fats give us fatty acids that are used to build cell membranes, nervous system and brain, create vitamin D and many hormones. They allow the body to absorb fat soluble vitamins (A, D, E and K) and the fat-soluble nutrients such as carotene. If we had a totally fat-free diet we wouldn't get these essential nutrients. To have a healthy skin, good immune system and a brain that works well you need your fats.

Are all fats alike?

No, and that's a problem. Any old fat won't do. Vegetarian or fish fats tend to be

healthier than meat fat. Think -

- **Oily fish**
Mackerel, salmon or trout twice a week
- **Nuts and seeds** (almonds, brazils, macadamia, cobnuts)
Unsalted, unroasted, 6-8 nuts as a snack once a day
- **Avocados**
Have one as part of a main meal salad
- **Plant oils** (olive, sunflower, walnut)
A small amount on salads or vegetables

At Tranzformations we can do a computerised dietary analysis and give you your own tailored diet plan - a fit-fat diet!

Best wishes to all,

Liz

