

Fabulous Fats and Oils

Invite Omega-3 essential fatty acids into your diet, they are good for your heart, brain, skin, weight and overall health.

Our brain is composed of 60 percent fat, or more specifically fatty acids. They are essential for healthy brain cell. Good fats prevent the accumulation of cholesterol in our arteries, build strong cells, strengthen artery walls, and help create necessary hormones, and much more. Fat from high-quality oils and whole foods are used for our bodies to help keep metabolism steady, nourish our skin, hair, and nails.

Some of the healthy fats include extra virgin olive oil, coconut oil, unrefined sesame oil, lard, ghee (clarified butter), whole nuts and seeds or nut butter, the fats in whole foods such as avocado, coconuts, and the high-quality oil in cold-water fish such as salmon and tuna. All fish is high in protein and low in saturated fat. Oily fish provide omega-3 fatty acids (Alaskan salmon, Alaskan black cod and canned sardines). Enjoy grilled or steamed fish three times a week for a healthy serving of incredible fats.

For sautéing and baking at high temperatures use a real butter, ghee and coconut oil (old fashion products) because they do not break down under extreme heat. When sautéing and stovetop cooking at moderate temperatures, try ghee. Ghee lowers cholesterol, rich in vitamins A, D and K. Try richness of the ghee on broccoli and potatoes.

Nut and seed oils, such as toasted sesame oil, flax oil, walnut oil, pumpkin seed oil and almond oil are best used unheated. Pumpkin seed oil is my personal favorite. Drizzle them on salads, veggies, or grains just before serving. Never heat flax seed oil or toasted sesame oil. Sesame oil is healthy and tastes great. Lard provides a very good source of pure fat. Canola is high in unsaturated fats, including

Omega-3 fatty acids. Vegetable, corn and sunflower oils are good as well. Olive oil has benefits for your skin, heart, blood pressure and mental well-being. Try a piece of whole grain bread or crackers with olive oil over it. Slice garlic, cucumber, tomato, arugula and sprinkle sea salt and pepper on top. It tastes so good. It could be a good snack or a small dinner.

Healing fats and oils, whether found in foods or used in cooking, are an important source of fuel in a well-balanced diet. Our bodies need fat to insulate us and keep us warm, and to protect and hold our organs in place. Fat plays a complex role in our health. It improves overall organ function and keeps our brains sharp.

Experiment with fabulous fats and oils. Everything in moderation: the golden rule.

