

Fat misconceptions

Question: I can't seem to lose weight even though I have removed fats from my diet. Why would this happen?

Answer: The problem is the misconception that has been perpetrated by false marketing in the food industry. The focus of packaging is the "low fat" or "no fat" attraction. The truth is fat is not what makes you fat. With the variety of fats, including monounsaturated, polyunsaturated, oils and trans fats listed on so many food labels, how do you know what, if any, of these fats are actually good for you?

Your body needs fat. Fats help your body absorb nutrients from fruits and vegetables. Healthy fats include extra-virgin olive oil, flaxseed oil, nuts, coconuts, seeds and avocados.

A few raw nuts with each meal are a sure way to get the fat you need. Peanuts, almonds, cashews, macadamias, and pecans are all good choices. Just be sure to purchase them in raw form with no added salt or any type of flavoring. Make sure they haven't been roasted or cooked either.

Omega 3 fatty acids, mostly found in seafood, are also beneficial fats for your body. The vegetarian equivalent would be flaxseed oil.

Bad fats? Well these include saturated (solid) fats, like butter and hydrogenated fats or trans fats, as they are called. These fats increase your bad cholesterol and increase your risk of heart disease. So watch your food labels and avoid foods containing high percentages of these types of fats.

Substituting healthy fats for bad fats will assist your digestion and help you lose weight. Don't remove fats; just eat the right kind.

Quote of the week: *"If you find a path with no obstacles, it probably doesn't lead anywhere."* – Frank A. Clark