Bad Fats vs Good Fats

The Good Fats

If you want to live right, you have to eat right. Every nutritionist will tell you that. There are foods you have to eat. The main concern with eating right is what foods are the most important. Whether you know it or not, the most important food you need are fats, and good fats. These are fats that do your body good. The good fats are not hard to get if you know where to look.

Here is a list of foods that are fats, but are the good fats. These are:

1. **Coconut fat**: You may not realize this coconut fat is about 92% saturated fat. Although it contains that much fat, it is a very healthy and natural fat. Why is coconut fat good for you? It contains 65% medium chain triglycerides (MCTs), and 50% of MCT is lauric acid. This MCT is used to enhance the immune system.

   The best sources of coconut fat include organic coconut milk, virgin coconut oil, and fresh coconut.

2. **Extra virgin olive oil**: Olive oil is made up of about 71% monounsaturated, 16% saturated, and 13% polyunsaturated oils. When going for this type of oil, try to go for the one that has “extra virgin” on the label. Extra virgin refers to when the olives are pressed first. This allows the antioxidants to stay in the olive. Extra virgin olive oil is not manufactured like other oils. Therefore, it does not contain harmful industrial solvents.

   One of the best oils you can use, especially for salad dressing is by mixing a small amount of olive oil with vinegar.

3. **Dark bittersweet chocolate**: You may have heard about pure dark chocolate as having antioxidants. This is because the cocoa bean is full of antioxidants. The fat part of the chocolate is not unhealthy as you may have heard. It is actually made of a natural fat composed of about 59% saturated fat. Most of this is stearic acid. It also includes 38% monounsaturated fat, and 3% polyunsaturated fat.

   Don’t touch regular milk chocolate. This is because regular chocolate has 30% cocoa, and the rest of the components being high amounts of sugar, milk fat, corn sweeteners, and other ingredients.

4. **Avocados or guacamole**: The fat in avocados (depending on where they’re grown) is approximately 60% monounsaturated, 25% saturated, and 15% polyunsaturated fats. Avocados are very healthy for you. They provide many nutrients, fiber, and healthful fats.

5. **High fat fish**: Such fish like wild salmon, sardines, mackerel, herring, and trout is good as a source of natural omega-3 polyunsaturated fats. Besides fish, other foods that contain natural omega-3 are walnuts and flax seeds.

6. **Nuts**: (walnuts, almonds, peanuts, cashews, and macadamias): Nuts are great sources of healthy unprocessed fats as well as minerals and other trace nutrients. Macadamias, almonds, and cashews are great sources of monounsaturated fats, while walnuts are a good source of unprocessed polyunsaturated fats (including omega-3). Do not buy nuts that are cooked in oil, instead go for the ones that are raw or dry roasted.

7. **Seeds**: (sunflower seeds, pumpkin seeds, sesame seeds, and flax seed): Every one of these seeds are great sources of natural unprocessed healthy fats. Flax seed that is freshly ground is the best to get.

8. **Animal fat**: Animal fat is actually good for us, if the fat comes from a healthy animal. Humans have survived on animal fat for a number of years. This has been the case since the cave man days. The problem today is that animal fat comes from animals that were fed antibiotics and hormones. This is why you need to go after organically raised, free-range meats, eggs, and dairy.

   Those who eat cookies, cakes, chicken fingers, donuts, are getting too much fat. As a result, they are killing themselves. If you really want to eat right, check the ingredients before you buy.

Bad Fats

Bad fats include the following:

1. **Hydrogenated oils**: hydrogenated oils are industrially produced chemically altered oils. So if you find any foods that contain hydrogenated oils, do not buy it.

2. **Refined oils**: Whether you know this or not, most oils that are sold in the supermarket are refined. Even if the word hydrogenated is not listed, the oil is still bad because it is refined. Plus, it goes through a lot of processing. This processing includes solvent extraction, bleaching, and deodorizing. Typical oils that have been damaged by this
refining process include vegetable oil, soybean oil, corn oil, cottonseed oil, and safflower oil. Refining destroys the natural structure of fats, takes away natural antioxidants, and creates free radicals. The end product is something totally unhealthy.

3. Fried foods: Anything that is fried is not good to eat. This includes tortilla chips, potato chips, French fries, donuts, fried chicken, and chicken nuggets. All of these foods were friend in hydrogenated or refined oils.

The best way to avoid bad foods is to stay away from anything that was cooked in hydrogenated oils or even refined oils.

The Best Foods to Eat

In this chapter you are going to learn about the best food choices to buy and keep. These food choices will keep you healthy and help you lose weight as well.

The best place to start when it comes to the right foods to buy is fresh vegetables. It is best to get the vegetables from a produce store or farm. But during the winter this is hard to do so you may have to get them from the local grocery store.

The best vegetables include zucchini, onions, asparagus, fresh mushrooms, spinach, broccoli, lettuce, cabbage, carrots, and red peppers. Of course these are just some of them.

There are other foods you can eat that are safe for you. Lean chicken is good. Also turkey sausage is a great to eat. But when it comes to eggs, be careful here. If you have high bad cholesterol, stay away from the yoke. If your bad cholesterol is normal, you can eat the entire egg, but don’t be eating it on a regular basis.

As for milk, homogenized milk is bad because it was pasteurized. Pasteurization kills the good stuff. If you absolutely need milk, go with skim milk. Actually, the best milk is soy. Soy milk is not pasteurized therefore it has all the necessary nutrients for good health. You can also use coconut milk. As I stated earlier in this e-book, coconut milk has a lot of good stuff in it. It is rich in antioxidants. Plus, it is full of healthy saturated fats.

Other foods that are great to eat include smoothies, oatmeal, yogurt, cottage cheese, ricotta cheese, and chopped nuts and berries.

Here is a list of foods you can eat:

- Chopped walnuts, pecans, almonds, macadamias, peanuts, and various other nuts.
- Whole flax seeds: Make sure to get the flax seeds that are not ground. It is better to grind it yourself.
- The reason you need to grind them yourself is because when processed the omega-3 becomes unstable. When omega-3 becomes unstable it causes inflammation which also creates free radicals. Your body does not want free radicals. Free radicals create diseases in the body because free radicals go around to cells and destroy them, replacing the cells with bad cells.
- Salsa: For those who like salsa, give it a try, especially the exotic types. Salsa is full of vitamins and antioxidants.
- Butter: Butter is good to use. It adds flavor to food. Just don’t eat margarine unless you want to get a heart attack at some point in your life. Margarine is full of bad fatty oils. It is also processed using refined oils.
- Whole grain bread: This group includes wraps. Get the bread that is at about 3-4 grams of fiber per 20 grams of total carbs.
- Rice bran and wheat germ: Many cereals are made of rice and wheat. Farina is made from whole wheat. Wheat germ is the best source of fiber as well. You can add wheat germ to yogurt or smoothies. When you go to the store, look for wheat germ and rice bran.
- Salad dressing: Don’t buy salad dressing from the store. It is refined and processed using refined soybean oil. The best salad dressing is to make it yourself.
- Frozen fish: Frozen fish is the best type to get. Frozen fish is frozen right after it is caught. Fresh fish has been sitting there for a while. This creates spoilage.
- Frozen berries: It is best to get fresh berries. But during the winter months when it is cold, the next best choice is frozen fruit. The best frozen fruit to get include blueberries, raspberries, blackberries, strawberries, and cherries.
Frozen veggies: it is best to get fresh vegetables, but when the time of year prevents it, you can get frozen vegetables. Believe it or not, frozen vegetables usually have high nutrient contents compared to vegetables that are shipped from other states. The produced that is shipped to the store has been stored for a while so it is never fresh when it gets to the grocery.

Frozen meat: There are certain kinds of meats that are good to eat. These meats include chicken breasts, buffalo, ostrich, venison, and other "exotic" lean meats. You may be surprised to know these are the healthiest meats around. It is better to eat frozen meat like that listed above, considering they have less fat content. Stay away from any meat that is mass-produced or hormone-pumped like beef and pork.

Oat bran and steel cut oats: Great sources of fiber.

Various antioxidant rich teas: It is always good to have herbal teas around because they taste good and are good for you. Some teas you can stock up include green, oolong, white, rooibos, and chamomile. All herbal teas have trace nutrients and antioxidants.

Stevia: This is a perfect sugar replacement. It is all natural and good for you. Stay away from artificial sweeteners like aspartame, saccharine, and sucralose. They taste bad, are full of chemicals, and have been known to cause cancer and other diseases.

Organic maple syrup: Of all syrups on the market, the best type is organic maple syrup. It does not contain high fructose corn syrup. Don’t buy Aunt Jemima. It may have been around for years, but it really is nothing but crap.

Raw honey: The best sweetener you can get is raw honey. Raw honey is actually better for you than processed honey. It has more quantities of beneficial nutrients and enzymes.

Whole wheat or whole grain products: Never, I repeat never get anything that is white, whether it is bread, pasta, or rice. It is all processed. All the nutrients have been removed from it. The products have been bleached with chemicals. Wheat products are also excellent in fiber.

Black or kidney beans: Rich in high fiber and high nutrition. Also contains a lot of antioxidants.

Tomato sauces: For those who can tolerate them, tomato sauces are a great source of lycopene. Just stay away from tomato sauce that also includes high fructose corn syrup.

Organic unsweetened cocoa powder: If you like a nice cup of hot chocolate, the best type is by using organic unsweetened cocoa powder. It is full of antioxidants. Many people don’t like it because it is unsweetened. In that case, just add a little bit of raw honey or Stevia.

Fresh fruits: You can’t go wrong with fresh fruit no matter the time or season. Fruit contains natural sugars but also contains fiber and antioxidants. There is plenty of fruit to choose from including kiwi, pomegranate, mango, papaya, grapes, oranges, fresh pineapple, bananas, apples, pears, peaches, and all types of berries.

I have mentioned many foods in the above lists. These are the best foods to focus on. But there is a particular food that is being mentioned over the Internet. Many fitness experts and trainers have written about it. This food is known as quinoa. Quinoa is classified as a seed that has high protein content. It is gluten-free and has many other important nutrients. This seed is being found in grocery stores around the country. There are those who believe it to be a grain but it is not. It comes from the same family as beets, chard, and spinach.

If you analyzed it, you would find quinoa to be rich in eight amino acids, lysine, cystine, and methionine. Also included are manganese, magnesium, calcium, copper, iron, phosphorus, vitamin E, and several B vitamins.

You can use quinoa instead of rice. You can also use it on salads, and you can sprinkle it on top of meat or in soaps. You can also place it on top of oatmeal.

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