

# July's Newsletter

## FATS AND OILS



### WHAT ARE ESSENTIAL FATTY ACIDS (EFAS)?

**Omega 3, 6, and 9 Fatty Acids are the EFA's :** They are essential because they are needed for many functions. Our body cannot produce EFAs, so we must obtain it from food on a daily basis. EFAs are necessary for proper prostaglandin function, which regulates pain, swelling, maintain blood pressure, regulates cholesterol, and assists with nerve transmission.

**Sufficient Omega 3 Fatty Acids** play a role in maintaining brain health and good cardiovascular function. They are also essential for the prevention of miscarriage and to promote optimal fetus management development. Omega 3 fatty acids have been linked in helping arthritis, depression, and intestinal inflammation.

**Signs of EFAS Deficiency:** *fatigue, heart problems, dry skin, eczema, or hair loss, immune weakness, mood swings and/or depression, poor circulation, poor memory, reproductive problems (men and women) and inflammation.*

#### **Foods Containing EFAS**

**Omega 3:** *Salmon, sardines, mackerel, anchovies, cod liver oil, chia seeds, flaxseed, walnuts, and pasture-raised, grass-fed beef.* Omega 3 fatty acids are precursors to anti-inflammatory compounds in the body.

**Omega 6:** *Sunflower, nuts, seeds, beans, evening primrose, borage oil, black currant oil.*

Most people have a very high ratio of omega 3, such as 20:1, which is pro-inflammatory. The recommended ratio is close to 2:1, which means that one should limit the amount of omega 6 vegetable oils when cooking. You consume an abundance of the *bad genetically modified oils like soybean, corn, and canola oil* when you eat out. We should eliminate these oils at home and instead use avocado oil, olive oil in salad dressings, and coconut oil, ghee, or pastured butter when cooking. Omega 6 fatty acids are precursors to pro-inflammatory compounds that create inflammation in the body when taken in excess amounts. This is the reason why the ratio of 3:1 of omega 3 to omega 6 is so important. High levels of omega 6 (relative to omega 3) create a pro-inflammatory environment and have been linked to cardiovascular disease, diabetes, certain cancers, and mental health problems.

## Lets Look At The Different Types Of Fats

**Saturated Fats:** These fats come mainly from animal sources. When eaten appropriately and of the highest quality, these foods can be very healing, strengthening, and can raise your good cholesterol (HDL). **Saturated fats include:** *grass-fed beef, pasture-raised pork, coconut oil, lamb, free-range, organic chicken, organ meats, raw milk, cheese and butter.*

## Trans Fats Or Hydrogenated Oils

**Trans-fats also known as hydrogenated oil** is made out of food processing through the partial hydrogenation of unsaturated fats. This process creates fats that are easier to cook with and less likely to spoil than naturally occurring oils, the synthetic trans-fats increases unhealthy LDL cholesterol and lowers healthy high-density lipoprotein (HDL) cholesterol (good cholesterol).

**Trans-fats should be eliminated from your diet such as:** *Margarine, Shortening, Fried foods and Partially Hydrogenated Oils in Packaged Foods.*

## Monounsaturated Fats/Oils (Generally More Stable)

This type of fat is found in a variety of foods and oils. Studies show that eating foods rich in monounsaturated fats and oils include: *Olive (use with low or no heat), Sesame (part mono, part poly), Avocado, Peanut and Hazelnut/Almond.*

## Polyunsaturated Fats and Oils

This type of fat is found mostly in plant-based foods and oils. Polyunsaturated fats/oils include: *Safflower, Sunflower, Peanuts, Grapeseed*. Foods that are comprised mostly of monounsaturated and polyunsaturated fats are liquid at room temperature.

### Zucchini Cakes Recipe



**Prep time 20 mins. Cook time: 10 mins.**

#### **Ingredients:**

- 2 ½ cups** grated zucchini
- 1 egg** beaten
- 2 tbsp** butter, melted
- 1 cup** seasoned bread crumbs
- ¼ cup** minced onion
- 1 tsp** Old Bay seasoning
- ¼ cup** all -purpose flour
- ½ cup** oil for frying

#### **Instructions:**

Place in a large bowl: zucchini, egg, and buttered/margarine. Stir in seasoned crumbs, minced onions, and seasoning. Mix well. Shape mixture into patties, dredge in flour. Heat oil in a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.