

## Fat Facts

While fats occur overtly in nuts, seeds, avocados and animal products, like protein, they naturally occur covertly (hidden) in fruits and vegetables in exactly the ratio that is best metabolized by the human body? A diet of less than 10% fat encourages optimal functioning and health.

Fat, like protein and carbohydrates, is an essential nutrient. Because fat is energy dense containing nine calories/gram compared to only four calories/gram for carbohydrate or protein, we require very little fat.

While watching your fat, be aware that food labels are deceptive as they are based on volume, not on calories. This is an example of how marketing can skew facts: in a 100 gram serving, whole milk yields 60 calories, 30 of which are fat calories resulting in 50% fat, 2% low fat milk yields 50 calories, 17 of which are fat calories resulting in 35% fat, 1% low fat milk yields 42 calories, 9 of which are fat calories resulting in 20% fat and nonfat milk has 35 calories with .7 fat calories resulting in 2% fat, not truly non-fat, but instead the product the dairy industry would like you to believe is in the 2% label.

There is a delicate balance of essential fatty acids necessary within the human body for growth and development to maintain the health of our skin, the stability of our heartbeat, the clotting and flow of our blood. Too much or too little of the wrong ratio can wreak havoc on our health. The role of fats is important but a little goes a long ways. Eating a diet of no overt fat, of vegetables and fruit, would yield a fat consumption of 3 - 5% of the total caloric intake and if the overall caloric intake is adequate, this is more than sufficient to cover all of our nutritional needs.

Some fats are labeled 'good fats' because they contain essential fatty acids that cannot be synthesized by the body but must be consumed in the foods we eat. While there is a distinction between fats, in the end too much fat is too much fat. A high fat diet inhibits digestion, creates blood disorders, increases degenerative disease, progresses aging and research explicitly states a high fat diet is linked to cancer. As fat rises, glucose absorption decreases and fatigue ensues.

A low fat diet with less than 10% of the calories from the overt whole food fats of avocados, the young flesh of coconuts, nuts, and seeds provides many vital macro and micro nutrients without compromising the human body and are preferable tasty alternatives to oil and lard.

Animal products are high in both protein and fat. In the American Journal of Clinical Nutrition, an article reports that meat raises insulin secretion more than any food tested stating that a 1/4 pound of beef raises insulin levels in diabetics as much as 1/4 pound of straight sugar.

An example of how too much fat affects the body—when we consume too much fat a thin coating of fat lines the blood vessel walls preventing various structures from communicating with each other. This slows the uptake, delivery and transport of oxygen to the cells which contributes to fatigue and creates an acidic environment that helps disease flourish. (Cancer cells are the only cells that don't like oxygen.) Too much fat traps sugar (including healthful fruit sugar) in the bloodstream that otherwise would rapidly be delivered to the cells as fuel. This causes the body to work overtime to control the high blood sugar by producing insulin in the pancreas to control the blood sugar. If we consistently consume too much fat, we chronically over work our pancreas and eventually it becomes overburdened leading to diabetes. Moreover, in time the adrenal glands that serve as a back up mechanism to the pancreas become weakened leading to a condition of chronic fatigue. To add insult to injury, high blood sugar also results in an overgrowth of Candida, a life-saving yeast present in everyone's blood stream to regulate blood sugar levels. Candida is always feeding on sugar in the blood; as blood sugar rises Candida multiplies to eat the excess sugar and upon stabilizing the blood sugar, the excess yeast quickly dies off. Because all carbohydrates, protein and fat that we consume are ultimately converted in to simple sugar (glucose) for fuel for our cells, they quickest way to end the overgrowth of Candida is to consume less fat. When fat levels drop, the sugar is absorbed in to the intestinal walls and gets distributed to the cells for fuel. Yeast levels automatically drop as the blood sugar level drops.

For the ladies, you will be happy to know that a reduction in fat can relieve menstrual pain. A high intake of fat increases estrogen levels which produces chemicals in the body called prostaglandins. These chemicals are responsible for the painful cramping that occurs in the monthly breakdown of the uterine lining during menstruation. High estrogen levels are also associated with an increased risk of breast cancer.

Have you every heard of casein? Sold as a health supplement, casein is found in dairy products and has been shown to be a fertilizer for carcinogens that might otherwise be dormant in the body. Casein literally helps carcinogens become cancerous. Plant based foods have been found to have the opposite effect, reducing the risk of cancer.

Sources: Dr. Colin T. Campbell, [The China Study, Whole](#); Dr. Douglas N. Graham, [The 80/10/10 Diet, Nutrition and Athletic Performance](#); and Dr. Neal Barnard [Foods that Fight Pain](#).

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