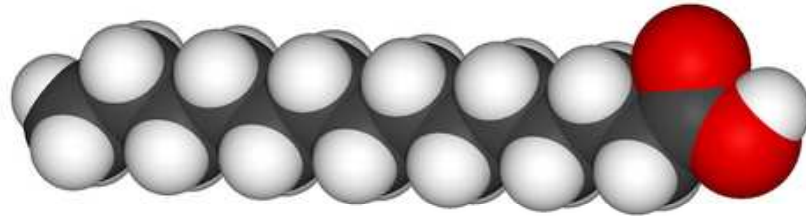


DON'T BE AFRAID OF FAT



Presentation by Lotta Byström

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What To Eat?

Real Food – Whole Foods - Nutrient Dense Food



<http://www.boisdale.co.uk/members/images/11Prehistoric-hunting.jpg>

DISCLAIMER

The goal is to provide useful information about what to eat and not to eat, and not to provide medical advice.

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Introducing Dasi and Buttercup

Meat and Dairy from Grass Fed Animals



<http://cowshare.nativenutrition.org/>

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Real Food – Organic Food

Good

Why?

Grass-fed meat and dairy (whole milk)

Better ratio omega 3 to 6. Vit A, D, B6, B12, tryptophan, zinc, cholesterol; no growth hormones.

Pastured eggs (from hens that do not eat grains, corn, and soy)

Better ratio of omega 3 to 6. Choline for the brain, lutein and zeaxanthin for eyes . More A and D vitamins.

Butter, ghee, coconut oil and coconut butter

Especially saturated fat is important; good for cooking.

Olive oil

Ratio of omega 3 to 6 is about 1:1

Whole fruits

Less fructose than juice

Buy organic, stone-ground, sprouted, sour-dough breads.

Neutralized phytic acid and enzyme inhibitors, for easier absorption and digestion

A little dark chocolate

Antioxidants, reduces stress, anxiety

GOOD FATS

BAD FATS

SATURATED

Butter and ghee (from grass fed cows), palm- and coconut oil (Increase absorption of Omega 3)

MONOUNSATURATED

Virgin olive oil, peanut oil

Canola oil, rapeseed oil

POLYUNSATURATED

Fish oil, flaxseed oil.
Essential Fatty Acids (EFAs) our body cannot make; we need to get these from food.

Margarine, soybean oil, sunflower oil, safflower oil, corn oil

Linoleic acid=Omega 6 is most common, and in large quantities in the vegetable oils (soybean, sunflower, safflower, corn oil)

Alpha-linolenic Acid=Omega 3, in fish, seafood, flaxseeds (easier to absorb when passed through an animal)

Balance important: **Too much Omega 6 consumed in U.S.**

TRANSFAT Hydrogenated oils. Often in cookies, chips, bread, snacks, salad dressings, fried foods, ice cream, cakes, pastries, french fries, chocolate.

Eggs

Eggs have all vitamins except C.

Most of the nutrients are in the egg yolk.

Choline – for brain

Carotenoids lutein and zeaxanthin – for eyes (protect against age-related macular degeneration.).

Omega-3 fatty acid DHA - for brain and eyes.

Omega-6 acid arachidonic acid is necessary for growth, reproduction, and healthy skin and hair. You can get DHA from fatty fish and cod liver oil, but since the egg yolk also contains arachidonic acid, they have an advantage in that they do not contain EPA, which can interfere with the arachidonic acid metabolism.

Vitamins A and D - if pastured eggs, from hens free to roam around outside in the sunlight, eating grass (provide higher vitamin E and carotene content) and insects (help to provide a higher DHA content) .



(Vegetarian Myth, Keith, p.185-186)

Nutritional Values in Eggs

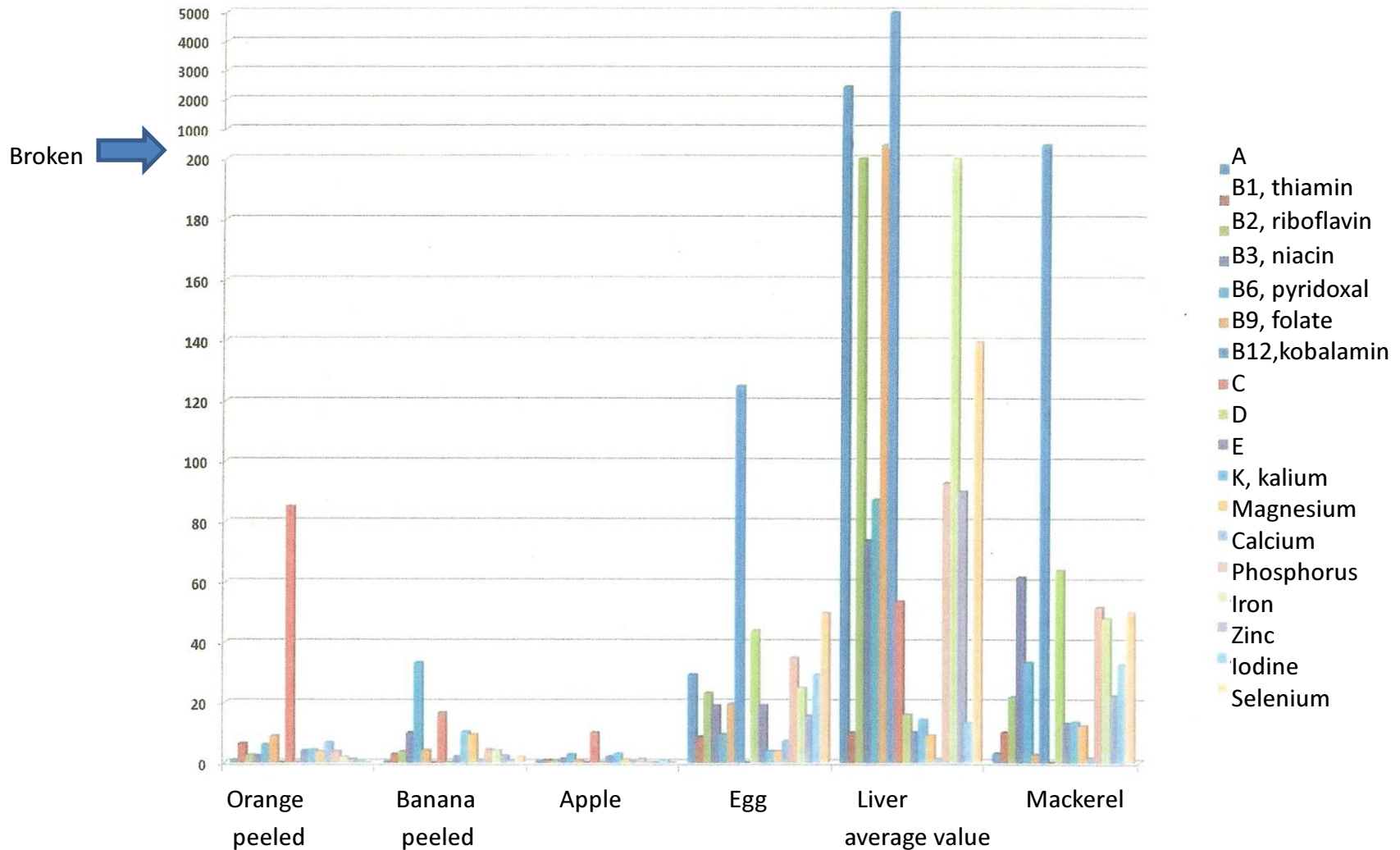
Source:USDA Nutrient Database for Standard Reference, Release 15. AA and DHA data from NutritionData.Com.

Nutrient	White	Yolk	% Total in White	% Total in Yolk
Protein	3.6 g	2.7g	57%	43%
Fat	0.05g	4.5g	1%	99%
Calcium	2.3 mg	21.9 mg	9.50%	90.50%
Magnesium	3.6 mg	0.85 mg	80.80%	19.20%
Iron	0.03 mg	0.4 mg	6.20%	93.80%
Phosphorus	5 mg	66.3 mg	7%	93%
Potassium	53.8 mg	18.5 mg	74.40%	25.60%
Sodium	54.8 mg	8.2 mg	87%	13%
Zinc	0.01 mg	0.4 mg	0.20%	99.80%
Copper	0.008 mg	0.013 mg	38%	62%
Manganese	0.004 mg	0.009 mg	30.80%	69.20%
Selenium	6.6 mcg	9.5 mcg	41%	59%
Thiamin	0.01 mg	0.03 mg	3.20%	96.80%
Riboflavin	0.145 mg	0.09 mg	61.70%	48.30%
Niacin	0.035 mg	0.004 mg	89.70%	9.30%
Pantothenic acid.	0.63 mg	0.51 mg	11%	89%
B6	0.002 mg	0.059 mg	3.30%	96.70%
Folate	1.3 mcg	24.8 mcg	5%	95%
B12	0.03 mcg	0.331 mcg	8.30%	91.70%
Vitamin A	0 IU	245 IU	0%	100%
Vitamin E	0 mg	0.684 mg	0%	100%
Vitamin D	0 IU	18.3 IU	0%	100%
Vitamin K	0 IU	0.119 IU	0%	100%
DHA and AA		0 94 mg	0%	100%
Carotenoids	0 mcg	21 mcg	0%	100%

Percent of Daily Recommended Intake in 100 grams of Food.

Note: Broken scale on Y-axis.

Source: Andreas Eenfeldt. www.kostdoktor.se och www.fineli.fi Folkhälsoinstitutet Finland.



Avoid

Soy (worst is soy formula, soy protein products and soy oil)

Processed foods (energy bars, cookies, cakes, crackers, pastries, commercial cereals, TV dinners, soft drinks)

Energy and Sports Drinks (loaded with sugar, sodium and chemical additives)

High fructose corn syrup, Aspartame, Sucralose, Agave syrup/nectar

(sodas, fruit juices, many cookies, crackers, "factory" baked goods)

White flour and white rice

Deep fried foods

Protein powders

Low-fat/fat-free dairy products

MSG (a neurotoxin) (Most soups, sauce and broth mixes and commercial condiments contain MSG even if not so labeled.)

Nitrates and nitrites (often in deli meats, such as hot dogs, ham and bacon).

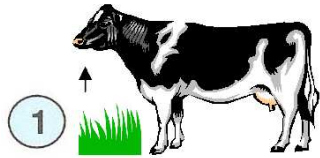
Other artificial food additives (colorings, sucralose, and the neurotoxins hydrolyzed vegetable protein and aspartame)

Rancid and improperly prepared seeds, nuts and grains

(in granolas, extruded cereals)

Why Is Margarine Still On School Menus??

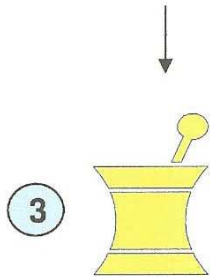
“Manufacturing” of Butter



Cream separated from milk pasteurized at 90-95 C



Cream churned mechanically. Low fat corns removed and others washed with cold water.



Natural butter bacteria cultured separately are added.

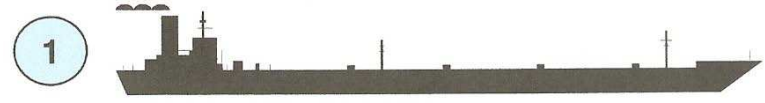


A natural product, which we have eaten for thousands of years.

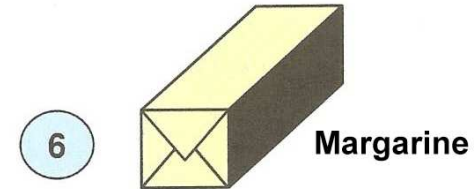
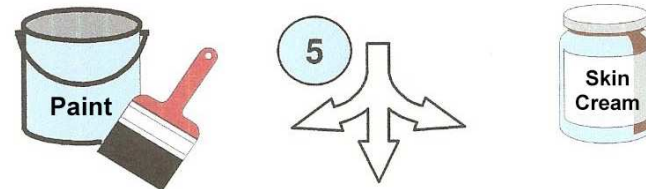
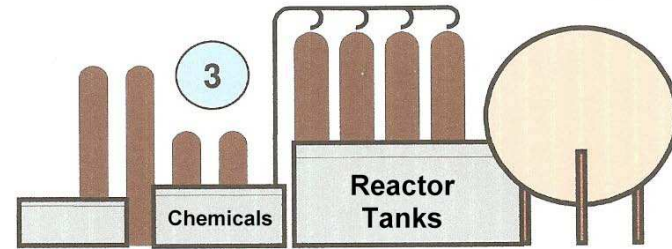


Source:
http://www.jobbpartiet.se/pdf/Margarin_smör_tillverkning.pdf

Manufacturing of Margarine



Palm oil or coconut oil with high content of saturated fat, rapeseed oil



What Kinds of Soy Products Are OK To Eat?

Old-fashioned **fermented** soy products OK as part of a varied diet:

- miso
- tempeh
- natto
- shoyu
- tamari



www.mercola.com

Tofu



less healthy (precipitated product).

Edamame (immature soybeans) occasionally.



As condiments - not staples.

Source: Dr. Kaayla Daniel, author of the groundbreaking book *The Whole Soy Story: The Dark Side of America's Favorite Health Food* (<http://www.thewholesoystory.com/index.php>)
<http://www.mercola.com/2005/mar/23/soy.htm>

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