

Become A Health Coach Certification

Pillar 1: Nutrition, Health & Wellness Week 3

WHAT To Eat (Part Two)

What To Eat Is A Big Question!

- It's often what your clients want to know **first**.
- They believe this is what will solve all their problems, which is **sometimes** true, but not **always** true.
- Remember → **knowledge** does not equal **behavior change**.

You become extremely effective as a health coach when you can share knowledge about **what to eat** in a way that helps your clients **take action, stay motivated** and **follow through**.

Last Week...

- The Blood Sugar Roller Coaster.
- Biggest needle mover in transforming health is balancing blood sugar, which reduces biological and chemical stress.
- How to add more water & evaluate the best protein source for you.

In this week's lesson, we'll continue with 5 more ways to balance blood sugar.

Let's start with #3 Add Healthy Fats.

Fats

- One of the 3 macronutrients that provide energy to the body.
- Fat is essential for normal growth and development.
- It nourishes our skin, hair, and nails.
- It helps us to absorb what are known as fat soluble vitamins; Vitamins A, E, D and K.
- Regulate our hormones and helps us to maintain steady metabolism.
- Fat provides cushioning for our organs and it helps to keep us warm.
- Certain fats reduce inflammation in the body.

Different Types of Fats

- Trans Fats
- Saturated
- Unsaturated
- Essentially Fatty Acids or Omega-3

Which fats are the highest quality, and which are the lowest quality?

The lowest quality fat, and the one to make sure to **avoid** is trans fat.

Trans Fats

- Shown to raise LDL (“bad”) cholesterol levels.
- May also lower HDL (“good”) cholesterol.
- May cause accelerated aging, heart disease and cancer.
- Man-made trans fats are chemically altered.
- Designed to give foods flavor and increase their shelf life.
- Body has a difficult time processing them.
- Found in baked goods, processed foods, fried foods, and margarines.

Most people know or at least have some idea that trans fats are not good for them.

In fact, some cities and states have outlawed their use.

Trans Fats

- The nutritional panel on food packaging can say 0 grams of trans fat, but there may still be trans fats present.
- A food item may contain less than 0.5 grams of trans fat per serving but still reflect “0” grams of trans fat on its food label.
- To ensure that the foods you eat are actually free of trans fat, check that hydrogenated and partially hydrogenated vegetable oils are not listed as ingredients.

Saturated Fat

- Is said to be one of the more unhealthy fats (although not as bad for you as a trans fat).
- Is generally a solid at room temperature.
- Found in things like animal meat, butter and lard.
- Many experts say these are the fats that we want to minimize in our diets.
- Not that you should never eat these foods, but be mindful of how much you're eating.
- Saturated Fat eaten in excessive amounts is said to be the main culprit in raising total and LDL “bad” cholesterol, which can increase risk of heart disease.

Saturated Fat

- An exception in this category is coconut oil.
- 1930's: Dentist named Dr. Weston Price traveled throughout the South Pacific, examining traditional diets and their effect on dental and overall health.
- He found that those eating diets high in coconut products were healthy and trim, despite the high fat concentration in their diet, and that heart disease was virtually non-existent.

Saturated Fat

- Coconut Oil helps:
 - Promote heart health
 - Promote weight loss, when needed
 - Support your immune system health
 - Support a healthy metabolism
 - Provide you with an immediate energy source
 - Keep your skin healthy and youthful looking
 - Support the proper functioning of your thyroid glands

Saturated Fat

- Coconut Oil is healthy because it contains:
 - Lauric Acid: has anti-viral, anti-bacterial, anti-protozoa properties.
 - Capric Acid: anti-microbial.
 - Medium-chain fatty acids (MCFA's)
 - Sent directly to your liver, where they are immediately converted into energy rather than being stored as fat
 - Stimulate your body's metabolism, leading to weight loss
 - Easily digested, thus putting less strain on your digestive system
 - Do not produce insulin spike in your bloodstream (no blood sugar roller coaster)

Unsaturated Fat

- Found in things like canola and olive oil.
- They are usually liquid at room temperature.
- If you are in the habit of checking nutritional panels on packaged foods, you'll see the terms mono-unsaturated fats and polyunsaturated fats.

Essential Fatty Acids

- Are the healthiest type of fat for us to eat, and unfortunately they are least often part of the standard American diet.
- Support the immune, cardiovascular, reproductive, and central nervous system.
- Normalize cholesterol which promotes heart health.
- Keep blood sugar level constant, which means you have more energy, better mood and memory, and feel less stressed.
- Are anti-inflammatory.

Essential Fatty Acids

- There are two families of essential fatty acids:
 - Omega 3 Fatty Acids
 - Omega 6 Fatty Acids

Omega 3 Fatty Acids

- Composed of ALA, EPA and DHA
 - ALA
 - Precursor to the long-chain fatty acids EPA and DHA
 - ALA converts to EPA in the body, but not as well to DHA
 - EPA
 - Supports heart health
 - DHA
 - A constituent of membranes of nerve cells in the brain and is thought to play an important role in normal brain development and function

Omega 3 Fatty Acids

- Found in:
 - Oily fleshed, wild caught, cold water fish, like wild Alaskan salmon, mackerel, sardines, herring and black cod
 - Fish oil supplements.
 - Flax seed and walnuts (not converted as efficiently to EPA/DHA as animal sources).
 - Vegetarian lab-grown DHA + EPA supplements.
 - Safflower oil, sunflower oil, corn oil, cottonseed oil, sesame oil, soybean oil, peanut oil.

Both omega-3 and omega-6 are essential fatty acids, which means the body cannot make them, so they must be obtained from the diet.

Dr. Andrew Weill says:

“For most of human history, omega-3 and omega-6 fatty acids were present in the diet in roughly equal amounts.”

Anthropological research suggests that our hunter-gatherer ancestors consumed omega-6 and omega-3 fats in a ratio of roughly 1:1.

According to an article by health expert Chris Kresser, today, estimates of the ratio range from an average of 10:1 to 20:1, with a ratio as high as 25:1 in some individuals.

In fact, Americans now get almost 20% of their calories from a single food source – soybean oil – with almost 9% of all calories from the omega-6 fat linoleic acid alone!

This reveals that our average intake of omega-6 fatty acids is between 10 and 25 times higher than evolutionary norms.

The result is an imbalance of these essential fats that drives inflammation and promotes several diseases.

Simply said, the more omega-3 fat you eat, the less omega-6 will be available to the tissues to produce inflammation.

Omega-6 is pro-inflammatory, while omega-3 is neutral.

A diet with a lot of omega-6 and not much omega-3 will increase inflammation.

A diet of a lot of omega-3 and not much omega-6 will reduce inflammation.

Before we tie this all together and give you the Essential Nutrition recommendations for getting the highest quality fats, there are just a few more things we'd like to cover...

“Low Fat”, “No Fat”, “Fat Free” Foods?

- The 80s and 90s were the “fat-free” craze era - where people felt that because fat has 9 calories per gram and carbs and protein have 4 calories per gram respectively, fat would make you fat
- So food manufacturers began creating all kinds of fat-free, low-fat and no-fat foods
- But strangely, people GAINED weight eating those
- Why is that?
- Food is essentially made up of 4 main components: protein, fat, carbohydrates, and water.

“Low Fat”, “No Fat”, “Fat Free” Foods?

- You can't take one of these away without replacing it with something else.
- And most often, what replaces the fat is sugar.
- So a product may be low in fat, but high in calories.
- Fat is the main nutrient in our food that makes us feel full and satisfied.
- When the fat is taken out of food, we tend to want more.
- We keep looking for the satisfaction we would have gotten from the fat, and eat more and more - probably way more than if we had just had the full fat version.

“Low Fat”, “No Fat”, “Fat Free” Foods?

- Also, research has found that after a while on little to no fat, the body begins to compensate for the absence of fat in the diet by becoming more efficient in converting other food sources into body fat.
- No matter how much fat you are eating, excess sugar turns into fat in your body anyway.
- So, are fat free foods really better than full fat foods?
- Fat free foods don't save you many calories, if any.
- They often increase the amount of sugar you are consuming, which turns into fat if you are eating too much.

“Low Fat”, “No Fat”, “Fat Free” Foods?

- People often see it as an excuse to eat more than they would if they were eating the full fat version of the product.
- When it comes to weight and health, fat free or low fat options often aren't doing you any good.
- There are some clients who simply won't believe you, and they refuse to eat any fat.

Signs Of Clinical Fat Deficiency

- Hair and nails are brittle, splitting or cracking
- Really dry skin or dandruff
- Dry eyes
- Excessive ear wax
- Feeling spacey or being forgetful
- Always feeling tired
- Being really thirsty
- Chronic dieting

Signs Of Clinical Fat Deficiency

- When you have a client that shows up with fat deficiency symptoms who wants to lose weight or gain energy, add high-quality fats to their diet and they'll be stunned at the results.

What are the highest quality fats?

Take a look at the “What To Eat Cheat Sheet”...

Protein Sources

Beef

Ideal: 100% grass-fed, pasture raised, local

Awesome: Grass-fed, pasture-raised

Good: Organic

Minimum: "Raised without antibiotics" / "no antibiotics administered", Natural, "No Hormones administered" ¹ (USDA)

Eggs & Poultry

Ideal: Pasture raised, local

Awesome: Free range, certified organic

Good: Cage free, organic

Minimum: "Raised without antibiotics" / "no antibiotics administered", Natural, "No Hormones administered" ¹ (USDA)

Dairy

**Full fat recommended!*

Ideal: Grass-fed; organic; some experts argue raw/unpasteurized dairy is best

Awesome: Organic

Good/Minimum: No hormones (rBGH), anti-biotic free

Seafood

Ideal: Wild fish

Awesome: Wild-caught

Good: Humanely harvested, non-grain fed

Not Recommended: Farm-raised

**See the following list for best seafood choices, and which seafood to avoid:*

<http://www.seafoodwatch.org/-/m/sfw/pdf/guides/mba-seafoodwatch-northeast-guide.pdf>

Fats

High-Quality Fats:

- Grass-Fed Beef
- Chia Seeds
- Poultry: organic
- Wild Game
- Eggs
- Olives
- Avocados
- Algae/Seaweed
- Halibut
- Shrimp
- Snapper

Healthiest Fats:

- Olive oil (virgin)
- Hemp (unrefined) oil
- Coconut (unrefined) oil
- Almond oil
- Macadamia oil
- Tea Seed oil
- Pecan oil
- Hazelnut (unrefined) oil
- Avocado (unrefined) oil
- Flax (unrefined/cold pressed) oil
- Hazelnut (unrefined) oil
- Olives (green or black)
- Avocados

Commonly Genetically Modified Fats:

- Corn oil
- Cottonseed oil
- Palm and Palm Kernel oil
- Soybean oil

- Nuts/seeds
 - Almonds
 - Cashews
 - Almond Butter
 - Macadamia Nuts
 - Pine Nuts
 - Brazil Nuts
 - Pecans
 - Hazelnuts/Filberts
 - Sunflower Seeds
 - Pumpkin Seeds

Fats Better for cooking:

- Coconut
- Grass fed Butter
- Macadamia Oil
- Almond Oil
- Pecan Oil
- Hazelnut Oil
- Avocado Oil (unrefined/raw)
- Tea Seed Oil
- Rice Oil/Rice Bran Oil

Fats Best for dressings/sensitive to high temps

- Safflower (Unrefined)
- Flax (unrefined)
- Hazelnut (unrefined)
- Olive
- Hemp (Unrefined)

- Butter (grain fed)
- Safflower (refined)
- Butter (Grass fed)
- Ghee

Foods High in Omega-3s:

- Hemp Oil
- Flax oil/seeds/meal
- Walnuts/walnut oil
- Algae
- Chia Seeds
- Salmon
- Scallops
- Soybeans
- Halibut (baked/broiled)
- Shrimp (steamed/boiled)
- Snapper (Baked)
- Tofu (raw)
- Winter Squash
- Tuna, yellowfin
- Cod (baked)
- Kidney Beans



Recap!

- You've discovered:
 - The health benefits of high-quality fats.
 - Trans fats, saturated fats including coconut oil, unsaturated fats.
 - How the ratio of Omega-3 to Omega-6 fatty acids affects health.
 - Why low-fat or fat-free foods can actually make you fat.
 - Signs of clinical fat deficiency.
 - The highest quality fats.

Leave a comment below and let us know – ***What was your favorite part of this lesson?***

We can't wait to hear!