

What to Eat, Part Two

Carey:

Hello everyone! And welcome back to our second training on what to eat! What to eat part two! “What to eat?” Is such a big question because it’s often what you’ll clients will want to know first. And why is that? Because they believe that this is what will solve all their problems. Which is sometimes true, sometimes you will help a client make an adjustment with their food, change something they’re eating, find a food sensitivity, something like that, and their life changes and they’re on their way. But it’s not always true that that happens. Because, knowledge does not equal behavior change. So just because someone knows what to eat, that doesn’t mean they eat it! So 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.

So last week, we talked about the blood sugar roller coaster, and that the biggest needle mover in transforming health is balancing blood sugar, which reduces biological and chemical stress, and we talked about how to add more water, and how to evaluate the best protein source for you to start balancing blood sugar.

Now, in this week’s lesson, we want to move onto five more ways to balance blood sugar, and let’s start with adding healthy fats. So the third way to help your clients balance their blood sugar is to add healthy fats to their diet throughout the day. Now, you learned in already in *Become a Health Coach* that fats are one of the three macronutrients that provide energy and a host of other health benefits for our bodies. It’s essential for growth and development, it nourishes our skin, our hair, and our nails. It helps us absorb what are known as fat-soluble vitamins, the vitamins A, E, D, and K. It regulates our hormones and helps us maintain a steady metabolism. Fat provides cushioning for our organs, and helps keep us warm, and certain fats reduce inflammation in the body, which is extremely important, you’ll learn about that in a moment. And you also learned that there are different types of fats, there are trans fats, there are saturated fats, unsaturated fats, and essential fatty acids, like Omega-3s and Omega-6s.

So, let’s talk about which fats are the highest quality and which fats are the lowest quality. Well, let’s start with the lowest quality, the lowest quality and one to make sure to avoid is trans-fat. And maybe you already know it, years ago it was not common knowledge, but kind of is today. So you may have heard of this, but if you have not, trans-fats have been shown to raise LDL, which is bad cholesterol levels, and they may also lower HDL which are good cholesterol levels. They may cause accelerated aging, heart disease, and cancer. Now, trans-fats are—some occur naturally, but many are manmade, and they are chemically

altered. They are designed to give foods flavor and increase their shelf life. Now, for the man-made trans-fats, your body has a difficult time processing them because they are not recognized by your body. They're found in baked goods, processed foods, fried foods, and margarines.

Now, most people know, or have some idea or may have heard that trans-fats are not so good for them. In fact, some cities and states have actually outlawed their use. However, did you know that the nutritional panel on food packaging can say, "0g trans-fat" but there may still be trans-fat present. Maybe you're thinking, "Wait a minute, 0 means none that means there is not any! And are you telling me 0 doesn't mean none?" And the answer means, it doesn't always mean none in food packaging.

So a food item may contain less than .5g of trans-fat per serving, but still reflect 0g of trans-fat on the food label. So to ensure that the foods you're eating are actually free of trans fat, you have to check the ingredients and make sure that hydrogenated and partially hydrogenated vegetable oils are not listed as ingredients.

Okay, let's talk about saturated fat. So, it's said to be one of the unhealthier fats, although not as bad for you as trans-fat. And again, like all things in nutrition, there are plenty of people that will say that saturated fat is terrible for you, and then plenty of people that will say that saturated fat is not bad for you. So, it's generally solid as room temperature, it's found in things like animal meat, butter, and lard. And many experts say that these are the fats that we want to minimize in our diets, and of course I would say like all things, it depends. Because it's not that you should never eat these foods, but you want to be mindful of how much you're eating, and I would also suggest the quality of saturated fat you're eating. So if saturated fat, especially a low-quality of saturated fat is eaten in excessive amounts, it is said to be the main culprit in raising total and LDL bad cholesterol, which can increase the risk of heart disease.

Now, an exception in this category is coconut oil. Now, back in the 1930s, there was a dentist named Dr. Weston Price, and he traveled throughout the South Pacific examining traditional diets and their effect on dental and overall health. And he found that those eating diets in coconut products were really healthy and trim, despite the high fat concentration in their diet. And that heart disease was virtually non-existent. Now, this was fascinating to him, and he started researching the health benefits of coconut oil. Turns out that coconut oil can help you promote heart health, promote weight loss when needed, support your immune system, support a healthy metabolism, provide you with an immediate energy source, of course, because all fats do actually, keep your skin healthy and youthful looking, and support the proper functioning of your thyroid gland. So, coconut oil is so healthy because it contains lauric acid, which has anti-viral, anti-bacteria, and anti-protozoa properties.

It has capric acid, which is anti-microbial. And it's composed, the kind of fat in coconut oil is saturated, but different than other kinds of saturated fat, because it's made of something called "Medium Chain Fatty Acids" MCFAs, and what makes medium chain fatty acids different, is that they're sent directly to your liver where they are immediately converted into energy instead of being stored as fat. Fascinating.

Very different than most saturated fats that are longer chain fatty acids. They also stimulate your body's metabolism; they lead to weight loss. Medium chain fatty acids are easily digested, so they are putting less strain on your digestive system, and medium chain fatty acids don't produce an insulin spike in your bloodstream. So no blood sugar roller coaster when you eat them.

Now, unsaturated fats are found in things like canola and olive oil, and they are usually liquid at room temperature. And if you're in the habit of checking nutritional panels on packaged foods, you'll see the terms, "Mono-Unsaturated Fats" and "Poly- Unsaturated Fats" at times listed.

Now, the fourth type of fat is "Essential Fatty Acids", and these are really the healthiest fat for us to eat. Unfortunately, they're the least often part of the standard American diet. Now, essential fatty acids support the immune, cardiovascular, reproductive, and central nervous systems. They normalize cholesterol which promotes heart health, they keep blood sugar levels constant, which means that you have more energy, better mood and memory, and you feel less stressed, and they're anti-inflammatory.

Now, there are two families of essential fatty acids, there are Omega-3 fatty acids, and there are Omega-6 fatty acids. So let's talk about Omega 3s. Omega 3s are composed of ALA, EPA, and DHA. Now, ELA is a pre-cursor to the longer chained fatty acids EPA and DHA. ALA converts to EPA in the body, but not so much to DHA. Now, EPA supports heart health, and DHA as a constituent of membranes of nerve cells in the brain, and is thought to play an important role in normal brain development and function. Now, the reason why it's important to understand that ALA doesn't convert as well to DHA, is the particularly important for your vegetarian and vegan clients, and understanding that you're going to need to help them get as much DHA as possible, and we'll talk about how in a moment.

So, Omega-3s are found in oily fleshed, wild caught, cold water fish, like wild Alaskan salmon, mackerel, sardines, herring, and black cod. Found in fish oil supplements, they're found in flaxseed and walnuts, but, those are mostly ALA, so they're not converted as efficiently to EPA and DHA in particular as animal sources. And then there are vegetarian, lab grown DHA and EPA supplements that your vegetarian clients may want to use to get the right amount of Omega-3 fatty acids.

Then there are Omega-6 fatty acids, and these are found in safflower oil, sunflower oil, corn oil, cottonseed oil, sesame oil, soybean oil, peanut oil. And both Omega-3 and Omega-6 are essential fatty acids, which means that the body can't make them, so it's essential that we obtain them from the diet. Now, Dr. Andrew Wile 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." So, like Dr. Wile was saying, roughly equal amounts. Now, according to an article by health-expert Chris Crosser, "today, estimates of the ratio range from an average of 10:1 or 20:1 with a ratio as high as 25:1 in some individuals," meaning 25 Omega-6 to 1 Omega-3. Wow, that's a big difference. "In fact, Americans now get almost 20% of their calories from a single food source, which is soybean oil, and with almost 9% of all calories from the Omega-6 fat Linoleic acid alone."

So this reveals that our average intake of Omega-6 fatty acids is between 10 and 25X higher than evolutionary norms. "So the result is an imbalance of these essential fatty acids that drives inflammation and promotes several diseases." So 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, and even anti-inflammatory. So a diet of a lot of Omega-6 and not much Omega-3 will increase inflammation, whereas a diet with a lot of

Omega-6 and not much Omega-3 will reduce inflammation. Now, before we tie all this 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. So what about low fat/no fat and fat free foods? Well, for those of you who were not babies in the '80s and '90s you might remember that they were sort of 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, that fat makes you fat, because it has five more calories per gram. So, food manufacturers began creating all kinds of fat free, low fat, and no fat foods. But what's odd, is that people gained weight eating those foods. Now why is that?

Think of it this way: Food is essentially made up of four main components, protein, fat, carbohydrates, and water. So if you take one of those away, you have to replace them with something else. You, you can't take one away and not replace it. And often, yes you can take one of these away without replacing it with something else—most often what replaces the fat when the fat is taken away is sugar. So, a product may be low in fat, but high in calories—plus, people tend to think with a low fat food that they can eat as much as they want. So, here is another reason why people tend to overeat low fat products, and that's because fat is the main nutrient in our food that makes us feel full and satisfied. So 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 we eat more, and we eat more, probably way more than if we had just

gotten the full-fat version. 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. Fascinating. And to top it off, no matter how much fat you're eating, or how little fat you're eating, any excess sugar turns to fat in your body anyway.

So are fat free foods really better than full fat foods? Well, they don't save you many calories, if any, they increase the amount of sugar you're consuming, which turns into fat if you're eating too much. People often see it as an excuse to eat more than they would if they were eating the full-fat version of a product. So, when it comes to weight and health, fat free and low fat options often aren't doing you a whole lot of good.

Now, there are some clients who simply will not believe you and refuse to eat any fat. And that's why it's important for you to recognize signs of clinical fat deficiency. The signs are, if hair and nails are brittle, splitting or cracking, if your client has really dry skin or dandruff, dry eyes, excessive ear wax, although, I don't imagine that you're going to be poking around in anybody's ears—feeling spacy or being forgetful, always being tired, being really thirsty, low-energy for sure. And clinical fat deficiency often goes hand in hand with your clients that are chronic dieters. The ones who have been on a 1200 calorie diet for 20 years or 30 years, you'll often see a fat deficiency in those clients. Now, when you have a client who shows up with fat deficiency symptoms, who want to lose weight or gain energy, add high-quality fats to their diet and they will seriously be stunned at the results.

So, what are the highest quality fats? Well, we have a handout in your Member's Area for you, it's called the "What to Eat Cheat Sheet". And here is a picture of it, there is a page 1, it has protein sources on it, and page 2, has fat sources on it. So you'll notice that there is a list of the highest quality fats, the healthiest fats, fats that are better for cooking, fats that are better for like, dressings because they're sensitive to high temperatures. There is a list of foods high in Omega-3 fats, and there is also a list that are commonly Genetically Modified. So you want to be careful if you're eating any of those fats in any packaged or processed foods. You want to make sure that packaged or processed food is labeled as "Non-GMO". So if the food has corn oil or cottonseed oil, or anything of the things listed here, you're making sure you're getting non-GMO versions of those fats.

And of course, you'll noticed that hydrogenated oils are listed and you don't want to eat those at all. So, that's a resource you can use for yourself and your clients to add more high quality fats to their diet, even, even if you have a client who is scared to do so. So, let's do a quick recap, you've discovered the health benefits of high quality fats, that we talked about trans-fats and saturated fats, including coconut oil, we talked about unsaturated fats. We talked about how the ratio of Omega-3 to Omega-6 fatty acids is effecting health. We talked about



why low fat or fat free foods can actually make you fat. We talked about signs of clinical fat deficiency, and we talked about the highest quality fats.

Now one more thing, I would really love for you to leave a comment and let us know what was your favorite part of this lesson? What was the “Aha!” for you for this video, and then you’ll tune into the next one. Great job everyone!