

MARCH 2013

FUNCTION FIRST FITNESS

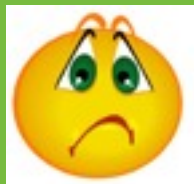
a personal training studio



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Good Fats Good, Bad Fats Bad

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Check out answers to YOUR questions every month!

Q&A Corner

Q: With so much information out there about supplements, how do I know which ones to take?

A: There are 2 ways to approach this: one, is to take a high-quality fish oil and multivitamin; the second is to call my “nutrition-guru”, Dr. Didrik Soplér @ 800-883-1252. He’ll customize your supplementation based on specific blood tests that he’ll order. This is all done by phone and email so he can “treat” anyone from anywhere. His philosophy is based on disease prevention. I highly recommend Dr. Soplér.



WHY GOOD FATS ARE VITAL TO GOOD HEALTH.

Fat in our diet is essential. It serves many functions and contains many health benefits. An important thing to remember about fat is that it contains more than twice the amount of calories (9) per gram than either carbohydrates or protein (4). So, you can see that it is not difficult to quickly add up the calories by ingesting foods containing fat. Hopefully, this article will help you differentiate the good from the bad when it comes to the fats that you put in your body. I’ll try to keep it in easy-to-understand terms,

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avoiding the chemistry as much as possible!

First, we’ll talk about the good fats—the Omega 3,6 and 9 fatty acids. These all need to be obtained through food, since our bodies cannot manufacture them. As unsaturated fats (no hydrogen atoms covering their surface), they are prone to spoiling. When you cook them at high heat, such as frying, they convert into **Trans Fat (see below)**. Food manufacturers found a way to increase their shelf life by adding hydrogen, thus creating

Hydrogenated Fat (see below). Furthermore, there is a ratio of Omega 6 to Omega 3 fatty acids that is vital to know. The desirable ratio is 3:1-5:1. Most western diets sit at 10:1-20:1. This is a major reason for the poor health and obesity that is so prevalent in this country.



Omega 3 fatty acids have been hitting the news frequently in the past several years, primarily through the acknowledged health benefits of fish and fish oil. Besides cold-water fish (cod, tuna, mackerel, salmon) other good sources of this very important fat include pumpkin seeds, walnuts, flax seeds and flax seed oil. However, flax seed oil is not digestible in some people, since it requires the help of a certain enzyme in the body to break down—which a small percentage of people are missing. So, the surest ways to receive Omega 3's are through fish oil (make sure it's pharmaceutical grade), fish, walnuts and pumpkin seeds.

Some of the many benefits of Omega 3 fatty acids include: helping control blood pressure, clotting and inflammation; hair and skin health; infant development (Omega 3 is vital); decreased risk of fatal heart disease; reduced abnormal heart rhythm; decreased "bad" cholesterol; elevated HDL "good" cholesterol levels; lower triglycerides; decreased colitis symptoms; reduced depression; and reduced risk of pre-eclampsia (toxemia) in pregnant women.

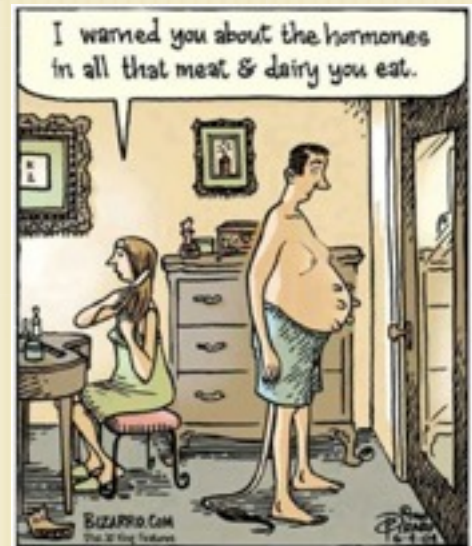
Omega 6 fatty acids are important for increasing the function of the bladder and prostate. Omega 6's can be found in: vegetable oils, sunflower seeds, sesame seeds, pumpkin seeds, avocados and nuts (walnuts excluded; they're a better source of Omega 3).

Omega 9 fatty acids are found in olives and olive oil. They are sensitive to spoiling. When you purchase olive oil, buy it cold-pressed or expeller pressed (no heating during the manufacturing process); also buy it in small quantities. Olive oil is the best cooking oil, because it remains stable under heated conditions. Some benefits of Omega 9 include decreased risk of cardiovascular disease, breast cancer and rheumatoid arthritis symptoms.

When you do not ingest enough Omega fatty acids, deficiencies develop that can cause eyesight problems, depression, dementia, painful inflammation responses to disease and injury, and increased incidence of underdeveloped eyesight in children. It may also have negative effects on a child's intelligence.

Now, onto some more bad-fat news. The thing to remember about bad fats is that they are mostly man-made. Food manufacturers produce them by adding them into the chips, cookies, and fried foods we eat. They are also produced by feeding livestock the wrong foods (mainly grain).

Monthly Chuckle



Monthly Tip

A 2012 Denmark study found that both men and women, whose Vitamin D levels are low, are at higher risk of myocardial infarction, ischemic heart disease and early death. The next time you have blood work, ask for a 25-Hydroxyvitamin D test. If it's under 50, start supplementing with Vitamin D3.

Words to Live By

The more fit you are, the more fun you have.

— Tammy Godin

GOOD FATS GOOD, BAD FATS BAD + CONT.

Saturated fats are covered entirely by hydrogen atoms. This formation allows them to remain standing in water and not dissolve like the unsaturated fats. The saturated fats come mostly from animal products such as animal fat (grain-fed beef being highest), cheese, and other milk-based products such as creams, dressings, butter, and margarine, to name a few.

We'll start off with animal fat, since this is one of the main reasons for America's alarming health issues. When cows are fed grain, they become fatter. This fat is a combination of saturated fat and Omega 6 fatty acids. The ratio of Omega 6 to Omega 3 in grain-fed cattle is 20:1 (I stated earlier that the **ideal** ratio is 3:1-5:1) Plus, this grain contains more than 50% saturated fat, a human-caused catastrophe that is making pharmaceutical companies rich. The solution? Buy grass-fed beef. Yes, it's much more expensive, but is it really when it comes to your health—and the medical expenses you will save down the line if you switch to grass-fed beef? Grass-fed beef usually contains less than 10% fat and the Omega 6 to Omega 3 ratio is .16:1 (about the same as fish). That is 1/320th the ratio contained in grain-fed cattle.

Now, onto other man-made catastrophes. **Trans fats** are the product of good oils (olive, vegetable) being heated at super high temperatures, as in frying foods. This transforms those good oils into saturated fats. Not only are they saturated but they also produce a toxic reaction in the body.

Hydrogenated oils are formed when the manufacturers add hydrogen atoms onto healthy oils (partially hydrogenated vegetable oil). This is done to increase the shelf life of cookies, cereals, chips, cakes, peanut butter etc. The list goes on and so do our health problems. The solution: look at the packaging and be more aware of what you're buying.

The health consequences of ingesting too many bad fats? The list begins with cardiovascular disease, elevated LDL "bad" cholesterol, decreased HDL "good" cholesterol, elevated triglycerides, systemic inflammation which makes an ideal setting for the formation of plaque on artery walls as well as cancer and Alzheimer's. All of these can be chronic, long-lasting problems that gradually debilitate you and run up enormous medical bills. The bottom line? It's all preventable. Starting now.

Most Americans have been eating the typical "American diet" for our entire lives. How do we make the necessary changes to live a healthier life? First and foremost is awareness and education. Beware of hidden fats, and know what hydrogenated and trans-fats are. Some simple changes to make to your diet include:

- Eat fish at least once per week
- Eat 3-4 handfuls of raw pumpkin seeds "pepitas" per day (put them on your salad or in a smoothie), or 2 handfuls of walnuts per day
- Decrease high fat dairy products (cheese, mayonnaise, creamy salad dressings, sour cream)
- Use olive-oil based dressing on your salads
- Use olive oil for cooking
- Don't eat fried foods
- If you eat beef, buy grass-fed beef
- Buy natural, free-range chicken and eggs
- Beware of dining out often; there are a lot of hidden calories and bad fats being used to make our food tasty

Eating fat is not bad. However, the type of fat you choose to eat makes all the difference between healthy and unhealthy dining. Choose wisely.



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Get monthly tips, recipes,
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RECIPE OF THE MONTH

“PREP **5** mins

COOK **30** mins

READY IN **35** mins

Easy, Delicious AND Healthy! ”

Karin Yehling
FFF Trainer



Grilled Garlic Artichokes

Ingredients:

Makes 4 servings

- 2 large artichokes
- 1 lemon, quartered
- 3/4 cup olive oil
- 4 cloves garlic, chopped
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions

Fill a large bowl with cold water. Squeeze the juice from one lemon wedge into the water. Trim the tops from the artichokes, then cut in half lengthwise, and place halves into the bowl of lemon water to prevent them from turning brown.

Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat. Add artichokes to boiling water, and cook for about 15 minutes. Drain. Squeeze the remaining lemon wedges into a medium bowl. Stir in the olive oil and garlic, and season with salt and pepper. Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately with the remaining dip.



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PERSONAL TRAINING STUDIO



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Coming Next Month!
Article on “TBD”, plus more tips,
and recipes!