



REVIVE & RESTORE

Bristlecone Family Fitness

THE SKINNY ON FAT...

The AMA recently announced that high body fat (over 30% for women, 22% for men) increases the risk for 6 types of cancer! Dietary fat is getting the majority of the blame for the obesity, but is this really true? Does eating fat, make me fat? Low fat, fat free, reduced fat & even "fake" fat fill the grocery stores, yet Americans are still getting fatter! Are fat grams really the problem? Albert Einstein said the definition of insanity is "doing the same thing over & over and expecting different results." It's insanity alright! Since the early 80's, American's have been loyal to the "fat makes you fat" brainwashing. Meticulously watching labels, adding up the fat grams, yet, obesity is at an all time high. In fact, previous to the 80's, the obesity stats remained

GIVE ME THE STEAK & EGGS!

relatively stable...20% of adults were categorized as obese. However, since the mid 1980's that statistic has been climbing each year! In fact, now it is no longer just obese adults being tracked, it's the children. Obesity rates among our nation's children have increased more than 3 fold since the late 70's!

But why the dramatic change?

American's have been brainwashed into believing, "fat makes you fat." Unfortunately, when fat is cut from the daily diet, it must be replaced with either protein or carbohydrate. Most protein sources contain natural fat, so that is eliminated, leaving only the dreaded, fat free carb! We replaced steak with pasta and eggs with melba toast & oatmeal.

FACTS ON FAT...

And, we were proud of our healthy choices! Some people were able to go entire days without a single gram of fat! And yet, Americans got fatter! But, the mantra never changes...reduce fat...fat will make you fat! Excessive fat storage, like cancer, is a hormonal problem. And, the truth is, fat is hormonally neutral. It does not promote fat storage like carbs (insulin release) & it does not promote fat burning like protein (glucagon release). Fat is broken down into fatty acids which are used at the cellular level to rebuild and repair the skin, nails, connective tissue and more. In fact, natural fats (monounsaturated, polyunsaturated & saturated) are life givers to the body! These real fats are recognized by the brain as building blocks for repair.



REFLECTION

MONO, POLY, SATURATED, TRANS...

Monounsaturated fats include olive oils, nuts, seeds, avocados & olives. It is a very stable fat and is suitable for cooking or baking at high temperatures. Polyunsaturated fats are the liquid fats produced from vegetables or seeds such as vegetable oils, safflower oil, etc. They are *not stable* because they have been previously changed from solid into liquid. Therefore, they are not safe for cooking at high temps. High temperature will actually damage a polyunsaturated fat and turn it into a damaged fat or a *trans-fat*. Saturated fats include fat from animal sources...butter, marbling of meats, egg yolks & cheese. Natural fats are healthy, they **DO NOT** raise blood cholesterol (contrary to popular belief!).

DAMAGED FAT...THE REAL VILLAIN

Natural fats are recognized by the body and are used for repair, restoration and healing. **Trans-fats or damaged fats are a different story.** Trans-fats are identified on labels as *partially-hydrogenated oils*. It is a fat that has been chemically altered, with high temps, to produce a waxy, fatty substance that has an unusually long shelf life. The body does not recognize synthetic trans-fat; the damaged fat creates a reaction in the body which can lead to heart disease, cancer, obesity & diabetes. Check labels closely. Many products advertise, "No Trans-fat", yet the ingredients include partially-hydrogenated oils...*that is trans-fat!* And, remember if you are frying at high temps with vegetable oil,

"A person who has never made a mistake,
Has never tried anything new!" Albert

WHAT'S FOR DINNER?

you are creating trans-fat at home! Cook with either olive oil or butter/lard. They are stable fats that do not become damaged by heat. Let's make this practical. What should your Thanksgiving Dinner look like? Plenty of turkey (or ham, Swedish sausage) for sure, eat potatoes sparingly with real butter, nuts & relish are a good choice and don't forget the vegetables (except corn, it's too high in sugar). And, go ahead, saute the veggies in butter! Pumpkin pie has protein, it's low in sugar & even try real whipping cream! But, be careful...the good tasting coffee creamer, in all the fancy flavors,...*it has trans-fat!* And, remember
...take time to **REVIVE & RESTORE!**
Have a Happy Thanksgiving! Julie & Kelly