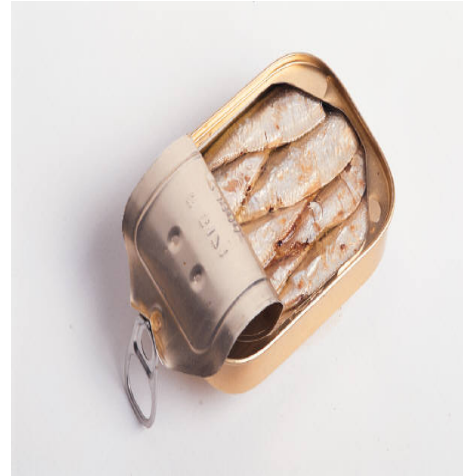


Why we need good fats

Dietary fat can be classified into four groups: saturated, monounsaturated polyunsaturated and trans fats. Each group behaves differently inside the body. All four types of fat consist of 'fatty acids', which are made up of the molecules carbon, oxygen and hydrogen in various combinations.

Almost all foods that contain fat have a mixture of the different types, however, they tend to have mostly one or two types of fat that can be crudely categorised as good or bad fats.

Whilst you should be careful about the amount of fat in your diet, fats are still necessary for good health. You need fats to help your body function properly. These fats are referred to as "Good Fats".



Good fats are needed for things such as:

- Energy production
- The production of hormones
- To protect and insulate internal organs
- The conduction of nerve impulses
- To burn for fuel when food is scarce
- To repair and strengthen skin and hair
- To absorb fat-soluble vitamins A, D, E & K as these are important for growth and development
- To assist in maintaining mental stability and concentration
- To keep bowel movements regular

What Fat Do I Need?

Essential fatty acids are fatty acids that your body cannot make. They are required for particular metabolic processes and must be obtained from dietary sources. The essential fatty acids that you need to include in your diet are: The omega-6 fatty acid - this is found in vegetable oils and from animal sources such as fish oils, meat and milk and the omega-3 fatty acid which is found in fish, canola oil, leafy green vegetables, nuts, seeds and soybeans. These essential fatty acids are adequately supplied by a varied diet.

The SureSlim Program ensures that you receive the correct amount of essential fatty acids by including foods such as seeds, oily fish, nuts, eggs and avocado. To ensure that you consume all the seeds and oil on your program and receive the benefits of Omega 3 and 6 you could try the following salad dressing on your unlimited green vegetables each day.

Combine the following ingredients and shake well before pouring over your salad: One teaspoon of apple cider or balsamic vinegar, one tablespoon of cold pressed olive oil, all seeds (ground), chopped mint, basil and coriander to taste, grated apple (fruit allowance) – grate this into a cup so that you can use the apple juice in your dressing as well.

References

Julia Ross , The Diet Cure; 2000
<http://geocities.com/~cullars/jan-mar01/goodfats.htm>

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