

Good fats versus bad fats

Fats and oils are useful in maintaining cell function and the structure of cell membranes and organs. However, not all fats are useful to the body. Some are actually harmful.

Bad fats and oils

- Trans-fats are very harmful to the body. They encourage the body to form bad cholesterol. They also tend to clog the arteries. They contribute to inflammation and insulin resistance. Trans-fats are so dangerous that an additional 2 percent of calories from trans-fat consumed daily increases the risk of coronary heart disease by 23 percent.
- Saturated fats do not show any benefits to heart health. However, they play a role in inflammation and insulin resistance.

There is a global consensus to eliminate trans-fats from industrial food sources by 2030

It is also recommended that consumption of saturated fats should be limited to 7 - 10 percent or less of daily calories consumed.

- Mono-unsaturated and poly-unsaturated fats are associated with lower cholesterol levels in the blood. It lowers the bad cholesterol (LDL-C) and increases the good cholesterol (HDL-C). They have long term beneficial effects on the heart.
- In addition to the above benefits, omega-3-fatty acids have shown to stabilize heart rhythm

Therefore, the rule of thumb is to replace saturated fats with unsaturated fats in food preparation. It is also important to eat fish, nuts and seeds that contain omega-3-fatty acids.