



Good & bad fats!

November 2017

Good & Bad Fats!

Good fats, bad fats – what's the difference?

Good fats give our bodies energy, and your child needs them to grow and develop. Bad fats make our bodies produce bad cholesterol, which can lead to health problems.

Quick facts about good fats and bad fat;

- You can't make essential fatty acids in your body, so it's important to include them in what you eat as part of a balanced diet.
- Some animal products and processed foods, especially fried fast food, are generally high in saturated fats, which have been linked to increased blood cholesterol levels.
- Large amounts of saturated and trans fats can increase the amount of bad cholesterol in your blood. This can lead to clogged blood vessels and can cause heart disease. It's recommended that you keep these fats to 10% or less of your daily energy intake.

Good fats and bad fats: the differences

Good fats

Good fat is sometimes called unsaturated fat. Unsaturated fat comes in two forms: **monounsaturated** and **polyunsaturated**.



There are two types of **polyunsaturated fat**: **omega-3** and **omega-6**. These are also known as essential fatty acids. Our bodies can't make essential fatty acids, so we need to get them from food.

A diet with unsaturated fat can help avoid heart problems later in life, as it helps keep arteries clear and reduces bad cholesterol which is linked to heart problems.

Bad fats

Bad fat comes in the form of saturated fat and trans fats. Both bad fats make our bodies produce more bad cholesterol, and they can also reduce good cholesterol.

Recipe of the month

Evie's Eats

Roasted Pumpkin & Quinoa Salad (Serves 4-6)

Ingredients:

- 500g butternut pumpkin, peeled, cut into cubes
- ½ red onion, thinly sliced
- ½ cup watercress (optional)
- ½ baby spinach leaves
- ¾ cup quinoa, rinsed, drained
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- Paprika, salt and pepper to season



Instructions:

1. Preheat oven to 200C fan-forced. Place pumpkin on a baking tray lined with baking paper. Add 1 tablespoon of olive oil, a little salt and paprika and toss to coat. Roast for 20 to 25 minutes, turning once, or until golden and tender.
2. Meanwhile, place quinoa and 1 1/2 cups cold water in a saucepan over high heat. Cover. Bring to the boil. Reduce heat to low. Simmer for 10 to 12 minutes or until liquid is absorbed.
3. You can serve warm or cold. Place quinoa and pumpkin in a bowl, add spinach leaves, onion, watercress, lemon juice and rest of the olive oil. Season with salt and pepper and toss gently to combine. Enjoy!

Note: Honey vinaigrette dressing – Mix 1 tablespoon balsamic vinegar, 1 teaspoon honey, 1 extra-virgin olive oil, salt and pepper.

Quote of the month

Never stop looking up!



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Take control your life, be happy! – rock on!

Till next month... *Evie*