

CONFUSED ABOUT FATS?

The following traditional nutrient-rich traditional fats have nourished healthy population groups for thousands of years.

FOR COOKING AND EATING

- Butter, preferably pasture-fed
- Tallow and suet from beef and lamb
- Lard from pigs
- Chicken, geese, and duck fat
- Coconut, palm, and palm kernel oils

FOR SALADS

- High-oleic olive oil
- Expeller-expressed sesame and high-oleic sunflower oil (in small amounts)

FOR FAT SOLUBLE VITAMINS

- Cold-processed fish/liver oils such as cod liver oil (not fish oils, which do not provide fat soluble vitamins, can cause an overdose of unsaturated fatty acids, are rancid from processing, and usually come from farmed fish)

WARNING:

The following can cause cancer, heart disease, immune system dysfunction, sterility, learning disabilities, growth problems and osteoporosis:

- All hydrogenated and partially-hydrogenated oils
- Industrially processed seed oils such as soy, corn, safflower, cottonseed, and canola
- Fats and oils (especially polyunsaturated vegetable oils) heated to very high temperatures in processing and frying