

# CitrusRoute

## PERSONAL TRAINING

### Good or Bad Fat??

Not all fat is bad! It's the types of fat you eat that really matter. Bad fats increase cholesterol and your risk of certain diseases, while good fats protect your heart and support overall health. In fact, good fats—such as omega-3 fats—are essential to physical and emotional health.

Bad fats, such as trans fats and saturated fats, *are* guilty of the unhealthy things all fats have been blamed for—weight gain, clogged arteries, and so forth. But good fats such as the monounsaturated fats, polyunsaturated fats, and omega-3s have the opposite effect. In fact, healthy fats play a huge role in helping you manage your moods, stay on top of your mental game, fight fatigue, and even control your weight.

Monounsaturated fats: olive oil, canola oil, sunflower oil, sesame oil, avocados, nuts, (almonds, peanuts, macadamia, pecans, cashews).

Polyunsaturated fats: corn oil, safflower oil, walnuts, pumpkin seeds, flaxseeds, fatty fish, (salmon, tuna, mackerel, herring, trout).

Saturated fats: high-fat cuts of beef or pork, whole fat dairy products, ice cream, lard.

Trans fats: margarine, vegetable shortening, fried foods, candy, cookies, doughnuts, cakes, chips, and crackers.

### Newsletter May 2015

#### *Do you or someone you know suffer from Osteoporosis or Osteopenia?*

Ask me how to take part in a workshop that features, the best exercises for improving strength, balance, and preventing falls. Also learn about the best food to eat to ensure adequate calcium and vitamin D, and feel more confident about moving!

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Coconut oil is considered a saturated fat and should be used in limited amounts. There are benefits to consuming coconut oil. It can help our bodies mount resistance to viruses and bacteria as well as yeast and fungus. It works as an antioxidant and can be used as a moisturizer for hair and skin because of the Vitamin E it contains.

Butter is also a saturated fat and should be used in limited amounts, but is also high in monounsaturated fat, so is better for you than margarine.