

FATS CHEAT SHEET



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WE NEED FAT MORE THAN YOU KNOW....

Fat always gets a bad reputation in our diet, but really, we need fat! Lipids (fats and oils) have numerous important roles in the body. Dietary fats are not just a source of energy; they function as structural building blocks of the body, carry fat-soluble vitamins, are involved in vital physiological processes in the body, and are indispensable for a number of important biological functions including growth and development.

Energy Provision: Fats are a source of energy in the human diet, together with carbohydrates and proteins, the other two main macronutrients. Fat is the most concentrated source providing 9 kcal per 1 gram consumed, which is more than double the energy content of protein or carbohydrate. Fat can be stored in the body's fat tissue, which



PROVIDES US WITH
ENERGY



IT HELPS MAKE AND
BALANCE HORMONES,
PARTICULARLY STEROID
HORMONES



FORMS OUR CELL
MEMBRANES



FORMS OUR BRAINS AND
NERVOUS SYSTEMS



HELPS TO TRANSPORT
FAT-SOLUBLE VITAMINS
A, D, E & K



GIVES US 2 FA'S WE
CAN'T MAKE ON OUR
OWN (OMEGA 3 & 6)

Structural Component: The brain is very rich in fat (60%) and has a unique fatty acid composition; docosahexaenoic acid (DHA) is the major brain fatty acid. The lipids of the retina also contain very high concentrations of DHA.

Vitamin Absorption: In the diet, fat is a carrier for the fat-soluble vitamins A, D, E and K, and supports their absorption in the intestine. Consuming sufficient amounts of fatty foods that contain these vitamins is thus essential for adequate intake of these micronutrients.

Biological Functions: Our bodies cannot produce the PUFA's linoleic acid (LA) and alpha linolenic acid (ALA). Without these essential fatty acids some vital functions would be compromised, such as blood

FUN FACTS ABOUT FATS



Fat is a compound found in food. It is one of three types of energy that the human body uses, the others are carbohydrates and proteins.



There are 9 (calories) in one gram of fat. Carbohydrates and proteins each have just 4 calories per one gram. Since fat provides more than double the calories per gram than the others, weight gain is often from fat.



"Oils" is the term used to refer to fats that can be liquid at normal room temperature. "Fats" is the term usually used for fats that are solids at room temperature. While "Lipids" is the correct term for both liquid and solid fats.



Fat is also vital for maintaining healthy skin and hair, protecting our body's organs against shock, maintaining body temperature and promoting healthy cell function.



A snickers bar contains 25g of fat. If you weigh 70 kilograms, you'll need to run for about 26 minutes to burn off the calories you consumed while eating the Snickers bar.

fruits & Sweeteners

Blackberries	Monk fruit
Blueberries	Stevia
Coconut flakes	Erythritol
Lemon	Swerve
Limes	Xylitol
Raspberries	
Strawberries	
Tomatoes	

Nuts & Seeds

Sunflower
Chia
Flaxseeds
Pumpkin
Almonds
Cashews
Coconuts
Peanuts
Walnuts

Other

Almond flour	Psyllium husk
Hazelnut flour	Glucomannan
Pecan Meal	Cocoa powder
Coconut flour	-(unsweetened)
Sunflower meal	Gelatin
Ground flaxseed	Vanilla extract
Ground Chia Seeds	
Xanthan gum	

HOW MUCH FAT?

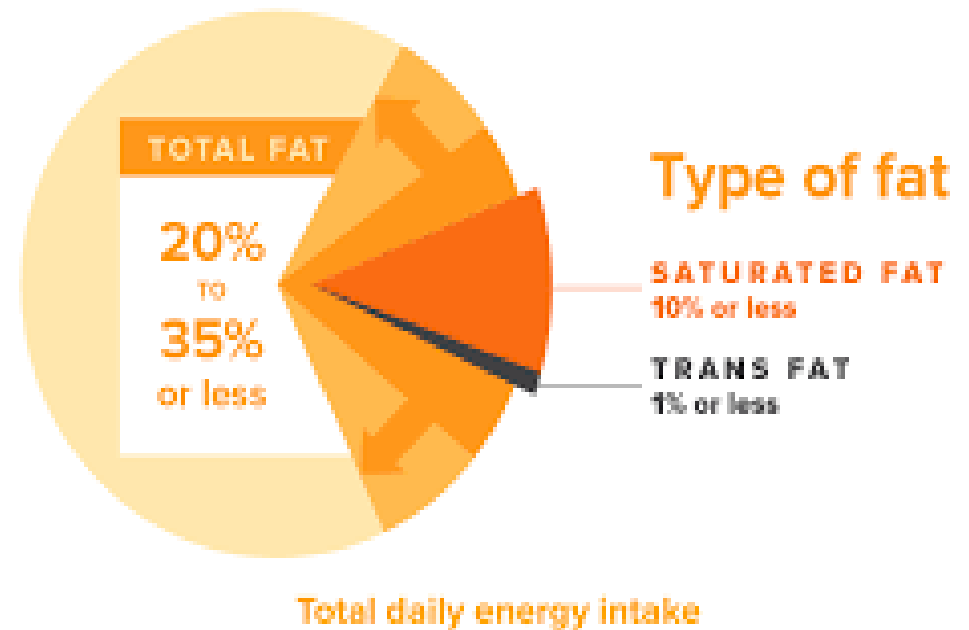
Historically, dietary recommendations focussed on the prevention of nutrient deficiencies. These guidelines are meant to advise people on a healthy diet that ensures adequate intakes of all nutrients. More recently, with higher prevalence of obesity and chronic diseases, nutrition recommendations have shifted to address food overconsumption and prevention of chronic (metabolic) diseases.

Generally, dietary advice for bodyweight management includes controlling total calorie intake, and recommends increasing consumption of lean meat, low-fat dairy, fruit and vegetables, whole grain cereals and fish.⁶ For dietary fats, it has been suggested that changing the type of fats consumed (i.e. saturated fat replaced by unsaturated fat), or changing the type in combination with an overall reduction of fat are protective against cardiovascular events.

The dietary reference intake (DRI) for fat in adults is 20% to 35% of total calories from fat. That is about 44 grams to 77 grams of fat per day if you eat 2,000 calories a day. It is recommended to eat more of some types of fats because they provide health benefits. It is recommended to eat less of other types of fat due to the negative impact on health.

- Monounsaturated fat: 15% to 20%
- Polyunsaturated fat: 5% to 10%
- Saturated fat: less than 10%
- Trans fat: 0%
- Cholesterol: less than 300 mg per day

Recommended Daily Intake (as a % of total energy intake)



THE DIETARY FATS

@cheatdaydesign

POLYUNSATURATED FAT

An essential fat (we must get from food because our bodies cannot produce) & lowers LDL (bad cholesterol)

Found in: Most cooking oils, pumpkin seeds, pine nuts, sesame seeds, fatty fish

Also known as: Omega-3 and Omega-6 fatty acids



MONOUNSATURATED FAT

Considered a healthy fat: Lowers LDL (bad cholesterol) & maintains HDL (good cholesterol)

Found in: Olive oil, avocado & avocado oil, most nuts & nut butters



SATURATED FAT

Increases total cholesterol & LDL (bad cholesterol). Best to consume in moderation.

Found in: Red meat, whole milk, cheese, coconut, butter, processed meat, many baked goods, deep fried foods



TRANS FAT

A by-product of processing healthier fats to give them a longer shelf life. Raises your LDL (bad cholesterol) and lowers your HDL (good cholesterol). Try to limit.

Also known as: Partially hydrogenated oil

**Previously found in margarine & many processed foods, but has been banned by the FDA in the U.S. as of 2018*



Fats & Oils

Avocado Oil
Butter
Cocoa Butter
Coconut Oil
Fish Oil
Flax Seed Oil
Grape Seed Oil
Hemp Seed Oil
Macadamia Oil
MCT Oil
Olive Oil
Walnut Oil
Almond Butter

Meats & Fish

Chicken (all cuts)	Shrimp
Duck	Tuna
Turkey	Mackerel
Bacon/Ham	Salmon
Ground Beef	Crab
Beef	Tilapia
Pork	Trout
Sausages	Cod
Lamb	Scallops
	Halibut

CHOLESTEROL

What is Cholesterol?

Cholesterol is a waxy substance found in all your cells and has several useful functions. It's carried through your bloodstream attached to proteins called lipoproteins. While cholesterol is essential for good health, too much can be a bad thing.

There are two types of cholesterol: HDL (high-density lipoprotein, or "good" cholesterol) and LDL (low-density lipoprotein, or "bad" cholesterol).

- HDL "good" Cholesterol. HDL takes excess cholesterol from your bloodstream back to your liver where it is broken down and removed from your body. Higher levels of HDL are associated with a lower risk of heart disease.
- LDL "bad" Cholesterol. High levels of LDL can eventually lead to plaque build-up within your blood vessels and narrow the passageways, causing a heart attack or stroke.

What Causes High LDL?

Genetics, other medical conditions, and some medications are all risk factors for high cholesterol, however, the most common cause is an unhealthy lifestyle.

Unhealthy Lifestyle Habits

- Unhealthy eating patterns
- Lack of physical activity
- Smoking

Genes

In some cases, high LDL is inherited. This condition is called familial hypercholesterolemia (FH). FH is caused by a genetic mutation that affects the ability of your liver to dispose of the extra LDL, which may lead to high levels of LDL and an increased risk of developing heart disease.

FOODS TO INCREASE HDL



SUMMARY

1. Aim for no more than 35% calories from fats.
2. Aim for no more than 10% of those from saturated fats.
3. Try to take out all tran-saturated processed fat from your diet.
4. Try to increase the amount of polyunsaturated fat omega-3's in your diet through eating food sources such as salmon, tuna and mackerel.
5. Have a variety of nuts and seeds in your kitchen to have as snacks or to add to smoothies or breakfast bowls.
6. On days when you are not doing much exercise (particularly high intensity) then you can get more of your nutrients from fats and less from carbohydrates.
7. If eating chocolate, try to buy darker chocolate with a higher cacao %.

Now that you have the cheat sheet,

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