



Chewing the fat ... about fat!



When we talk about 'fat', most people think of fatty foods, like fries and fatty meats. But fat is an essential nutrient. It plays an important role in the many functions that keep the body healthy. For example, it provides us with fatty acids, so that fat can be absorbed by the blood. It also helps to make strong and healthy cell membranes (cell walls), and allows the body to absorb fat-soluble vitamins (vitamins stored in our bodies).

Fruit and vegetables also contain fat, but in tiny amounts, mostly monounsaturated fats or polyunsaturated fats – the healthy kinds. Avocados contain monounsaturated fat, while soybeans have polyunsaturated fat.

Monounsaturated fats are also found in olive and canola oil and some nuts, such as cashews and almonds.

Polyunsaturated fats include omega-3 fats found in oily fish, such as salmon and sardines, and walnuts, canola oil, and soy products.

Other polyunsaturated fats include omega-6 fats found in oil, such as safflower and soybean, and some nuts such as brazil nuts.

To get the most nutrients from the fruit and vegetables we eat, add some healthy fats, which will absorb the vitamins. You can do this by putting olive oil dressing on your salad or by adding an avocado to it.

Fats are macronutrients, which give us energy and help absorb some vitamins. Other macronutrients include proteins and carbohydrates.



Avocados contain healthy fats.