

## Understanding Fats

Developing brains desperately need healthy FATS. Our kids need to know and appreciate – at a very young age – that fat is not gross or evil, but actually an *essential nutrient* that forms the building blocks for all cell membrane development, healthy brain and hormonal function, vitamin D production, and bile salts to aid in digestion. More important to your children, perhaps, is that fat *makes food taste good* and also promotes **satiety**, which is that feeling of fullness and satisfaction we enjoy after a great, home-cooked meal. Sadly, many children (and adults) have no idea what that feels like. You and I are changing that.

When fat is missing from our diets, things don't go well. Some of you might remember the low-fat craze of the early 1990s. When food industries took out the healthy fats from food, they replaced it with loads of sugar and fake ingredients. The result? Well, look around. We are surrounded by the evidence chronic disease and unwellness – both in children and adults. From ADHD and autism to depression and Alzheimer's disease...ancestral health research is showing that these conditions are a result of the food we are eating, the lifestyle choices we are making, and the world that's been created *by us and for us*. But we can do something about it, and in fact, you ARE doing something about it – just by reading this. Now, do the next thing – **share** what you are learning with someone you love!

### HEALTHY SOURCES OF ANIMAL FAT

100% grass-fed beef, lamb, bison...

Wild-caught fish

Pastured poultry and pork

Pastured eggs

Butter, ghee, tallow (beef/lamb fat), and lard (pork fat), duck fat, goose fat

Full-fat pastured dairy products like cheese and unsweetened yogurt

### HEALTHY SOURCES OF PLANT-BASED FAT

Avocado

Olives

Nuts

Seeds

Plant-based oils like coconut, avocado, olive, palm, macadamia...

### FATS TO AVOID LIKE YOUR LIFE DEPENDS ON IT (because it does)

Canola Oil/Rapeseed Oil

Corn Oil

Cottonseed Oil

Soybean/Vegetable Oil

Vegetable Shortening - Crisco

Partially hydrogenated fats/oils

**These oils are often from genetically modified seed; contain high levels of pesticides; are heated and extracted with toxic chemicals. Avoid them!**