ONEhabit
Helping You Eat Move And Live Well

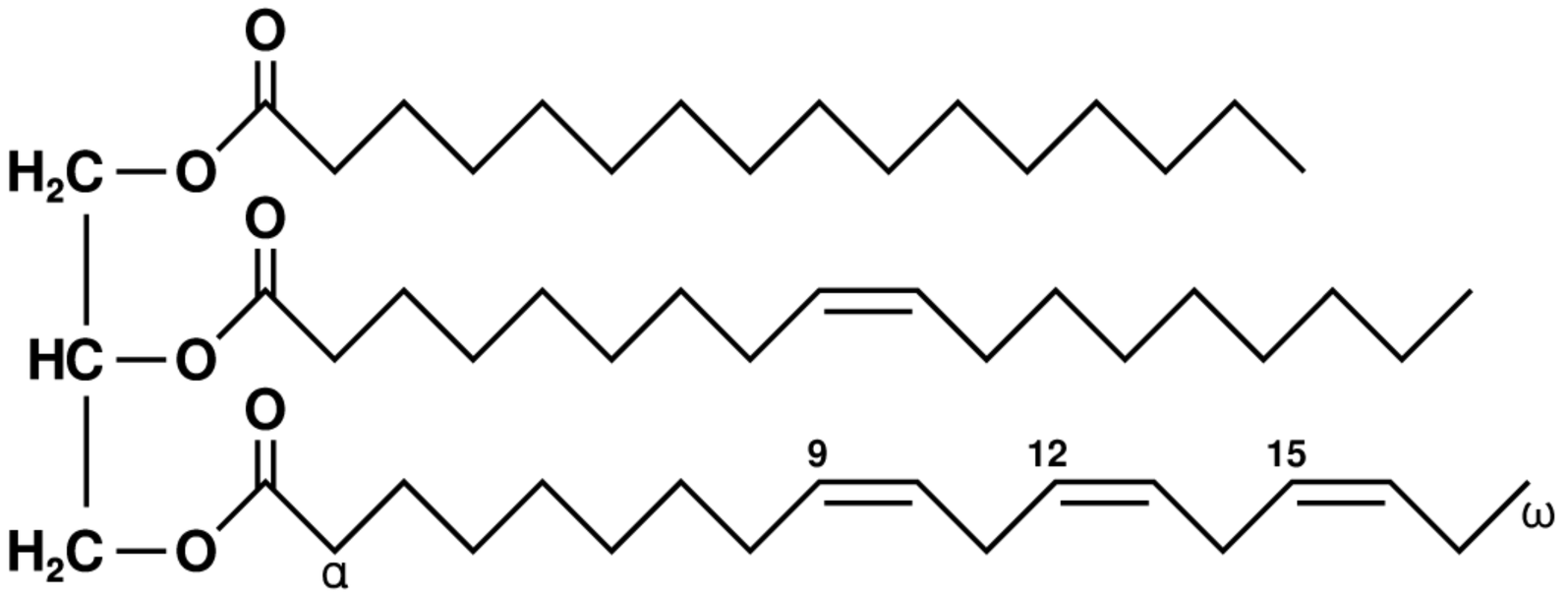
FATS

NICO VALLA
https://onehabitcoaching.com

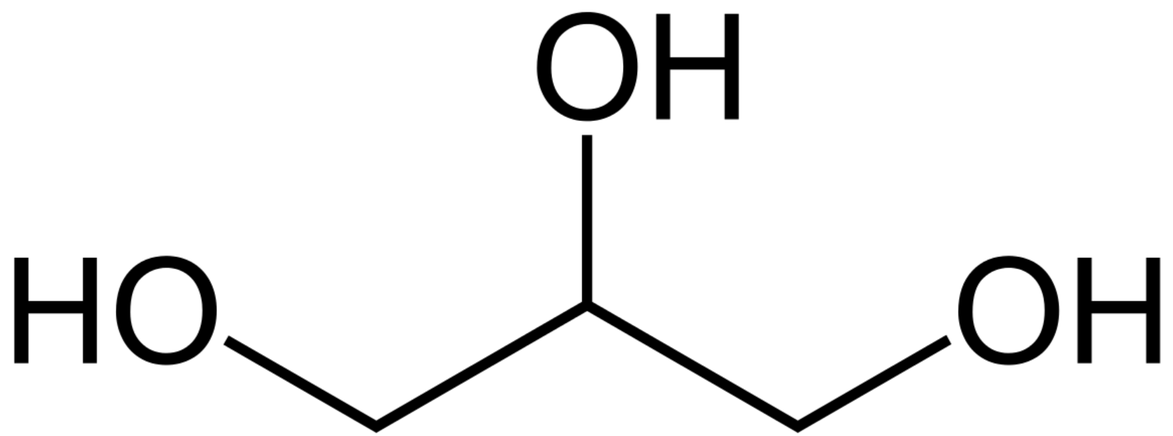
Fat types

The Nutrition Fundamentals

TRIACYLGLYCEROL OR TRIGLYCERIDES (TG'S)

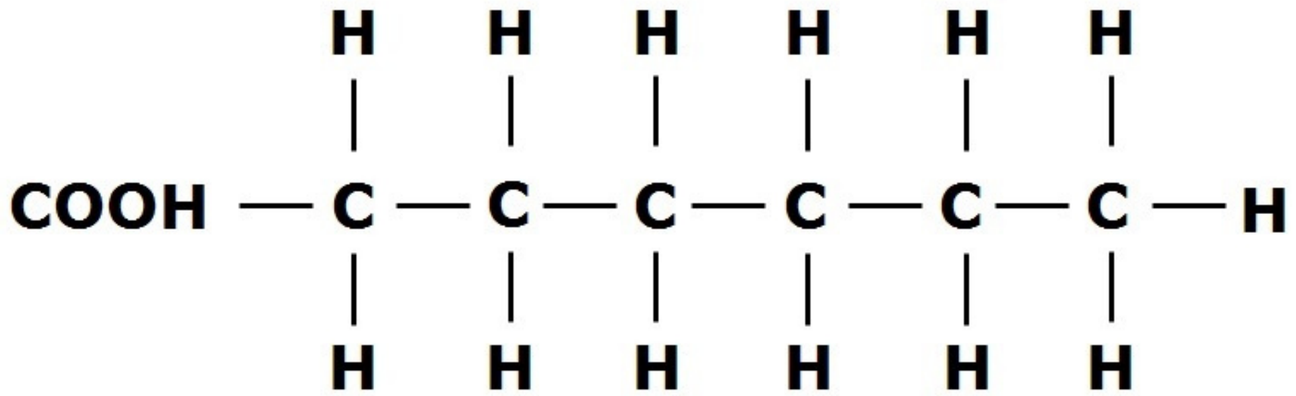


GLYCEROL (OR GLYCERIN)



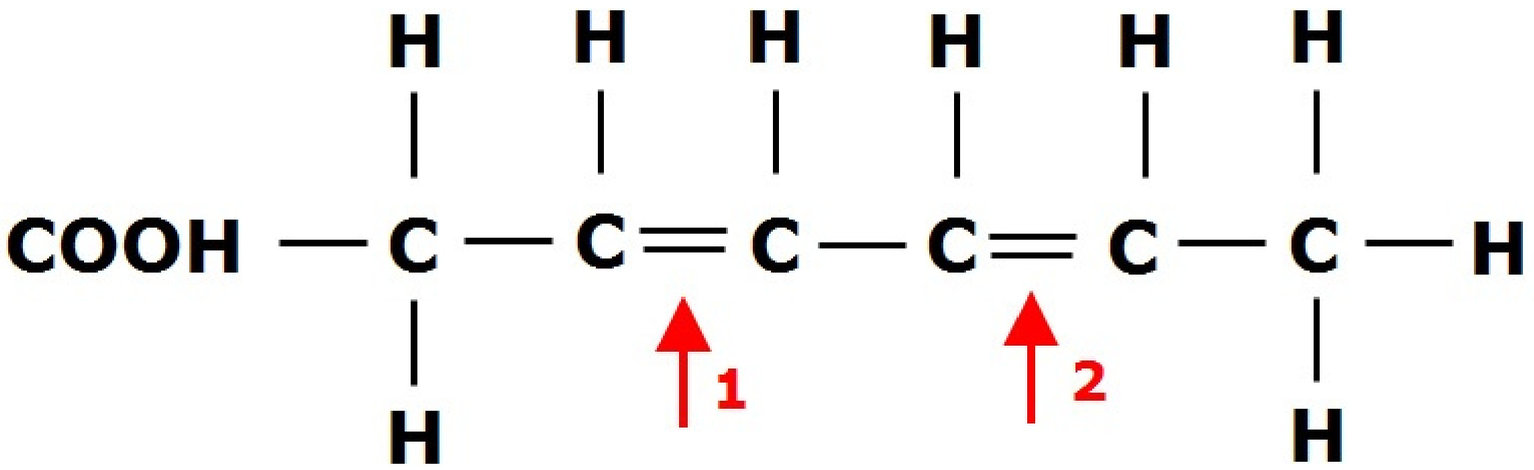
FATTY ACIDS:

- Saturated
- Monounsaturated
- Polyunsaturated

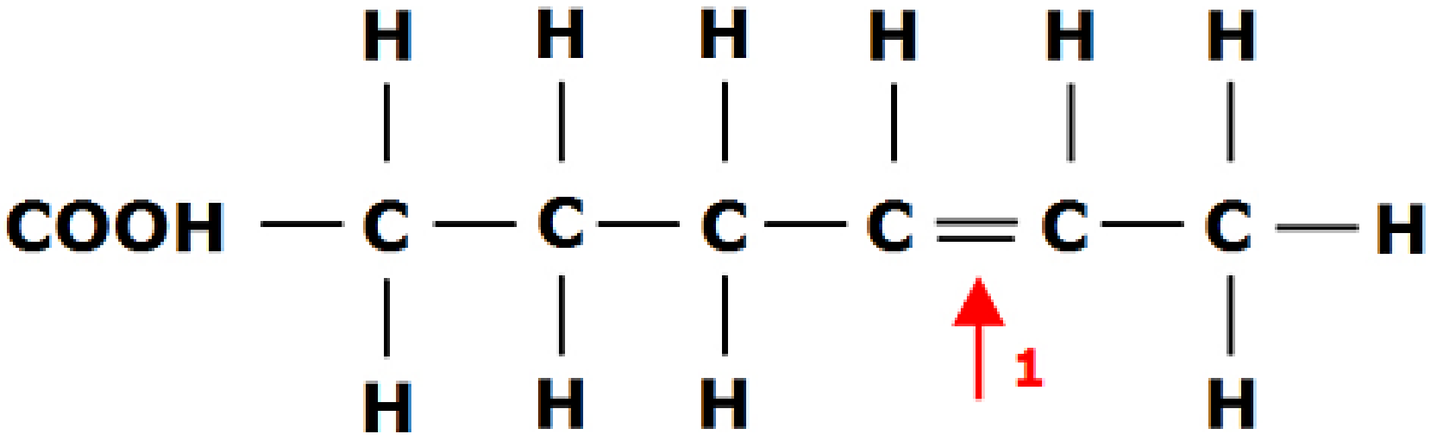


FOOD	LAURIC ACID	MYRISTIC ACID	PALMITIC ACID	STEARIC ACID
Coconut oil	47%	18%	9%	3%
Butter	3%	11%	29%	13%
Cashews	2%	1%	10%	7%
Palm Oil	0.1%	1%	44%	5%
Soybean Oil	0%	0%	11%	4%
Salmon	0%	1%	29%	3%
Ground Beef	0%	4%	26%	15%
Egg Yolks	0%	0.3%	27%	10%
Dark Chocolate	0%	1%	34%	43%

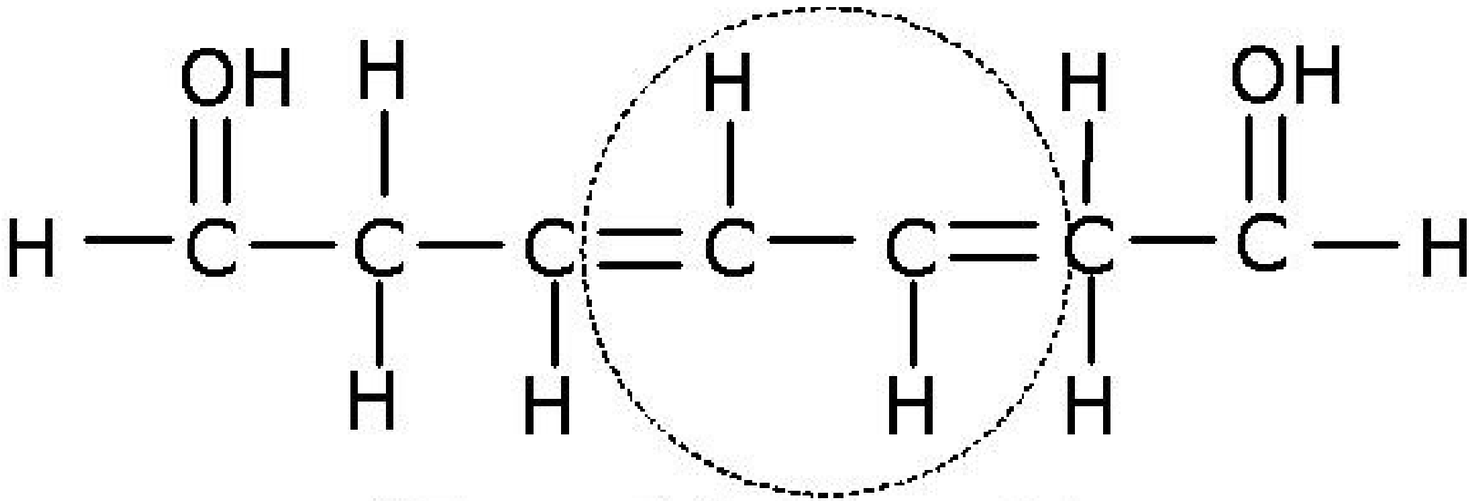
POLYUNSATURATED FAT



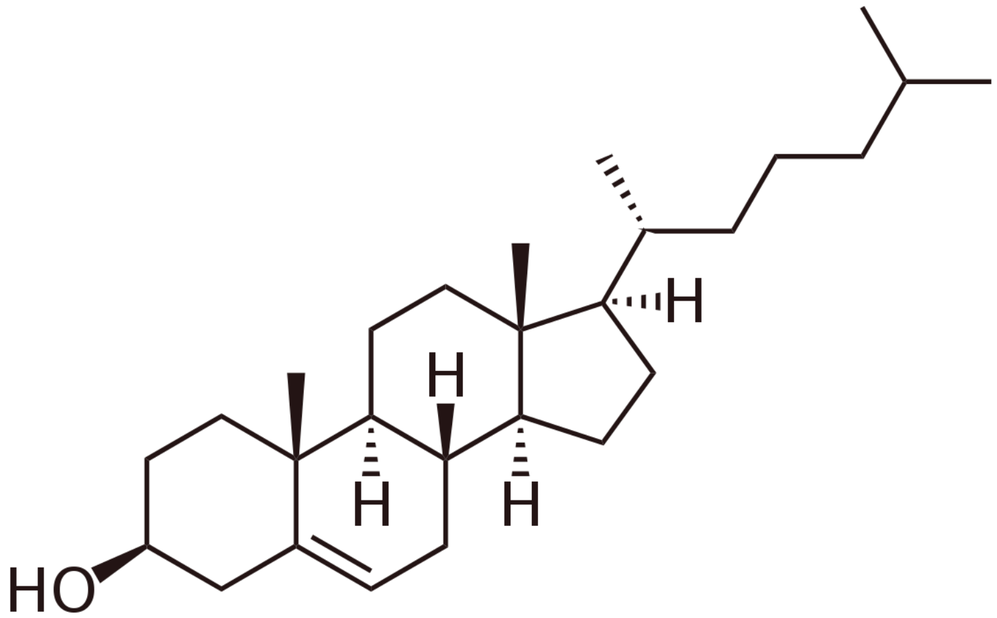
MONOUNSATURATED FAT



HYDROGENATED OR TRANS FATS



CHOLESTEROL



The roles of fats

The Nutrition Fundamentals

THE ROLES OF FATS

- Fat is an energy source (9 kCals per gram)
- Fat forms the major component of cell membranes
- Insulates the body
- Fat keeps you fuller for longer

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- Fat forms the major component of cell membranes
- Insulates the body
- Fat keeps you fuller for longer
- Fat is a key player in regulating inflammation
- Fat is essential for hormone production
- Fat facilitates nutrient absorption (Vitamins A, D, E and K)

Fat metabolism

The Nutrition Fundamentals

SHORT-CHAIN FATTY ACIDS:

- 4 to 6 carbon atoms from saturated fat
- Antimicrobial, and serve as a great source of energy
- Do not need bile salts to emulsify
- Example: butter

MEDIUM-CHAIN FATTY ACIDS:

- 8-12 carbon atoms
- Anti-viral and anti-microbial property
- Example: coconut oil

LONG-CHAIN FATTY ACIDS:

- 14 to 18 carbon atoms
- Numerous health benefits
- Example: Beef, cocoa powder, chocolate

VERY LONG CHAIN FATTY ACIDS:

- 20-24 carbon atoms
- Sources of unsaturated fats like EPA and DHA
- Example: vegetable oil, nuts, avocado

Fat requirements

The Nutrition Fundamentals

An individual's optimal intake depends on age, gender, body composition, activity levels, personal preference, food culture and current metabolic health.

FAT REQUIREMENTS

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WHEN SEEKING IMPROVED HEALTH:

- Fat intake can be brought slightly higher to compensate for reduced carbohydrates, but no more than 10% of energy intake should come from saturated fat

ACTION STEPS

- Check out the references for further reading
- Download available resources