FEELING FABULOUS ..
WITH STEVE

Eat More Fat !

Did I Hear You Right? Yes, there are fatty foods you should be eating.

Believing the misconception that all fats are bad for you, for years the health industry advised that people wanting to lose weight should avoid eating foods high in fat. But that's all changed. We now know there are good fats and bad fats. Healthy fats are used by your body to absorb vital nutrients, protect against heart disease, prevent belly fat, boost your immune system, improve brain function, and keep your nervous system running smoothly. They're also a weapon in your fight against weight gain. When you eat healthy fatty foods you're not filling up on carbs, they help your body burn calories more efficiently. Plus they help fill you up so you're not as hungry all the time. It's the bad fats, particularly trans fats that put you at risk for heart disease, raising your cholesterol, and piling on the pounds.

When you do the food shop this week, plan to purchase the following high-fat foods for good health and weight loss. Omega-3 fatty acids are essential nutrients that we must get from our diets because our bodies cannot make them; they are crucial for early brain development, and there is much evidence that they promote cardiovascular health and cognitive function.

Fatty Fish

Fish that contain more than five percent fat are known as fatty fish. Much of the fat found in these fish is omega-3 fatty acids, a fat that's essential for brain health and is known to fight inflammation, heart disease, and depression. These fish are also great sources of protein, iron, and all kinds of vitamins and minerals. Examples of fatty fish include salmon, herring, sardines, anchovies, trout, and mackerel. Make it your goal to eat fatty fish at least once a week.

Avocados

You may not guess it, but an avocado is a fruit. And it's one of the healthiest fruits out there. While most fruits are high in carbs, avocados are rich in healthy fats. This green fruit is loaded with oleic acid, a type of monounsaturated fat that lowers triglycerides and LDL (bad) cholesterol. It's also high in potassium and fibre. You may think you'll gain weight by eating avocado, but people who frequently enjoy them typically weigh less than those who don't, so go ahead and indulge in some guacamole!

Eggs

Even though eggs, especially the yolk, have had a bad rap due to their high amount of cholesterol and fat, research shows the cholesterol doesn't have an impact on most people's blood cholesterol levels. In fact, an egg or two for breakfast is one of the healthiest options out there. Loaded with nearly every type of vitamin and mineral, eggs are also high in protein, another valuable weapon in the fight against weight gain.

Dark Chocolate

Who said all sweets are bad for you? Dark chocolate is both delicious and healthy. Rich in fibre, iron, copper, magnesium, manganese, and powerful antioxidants that improve brain function and protect from disease, dark chocolate is super high in fats that work to protect your heart, lower blood pressure, and reduce bad cholesterol. So don't feel guilty enjoying a small chunk of quality dark chocolate each day. Feel healthy!

Nuts

Another high-fat nutritional powerhouse food are nuts. Packed with unsaturated fatty acids, amino acids, vitamins, and minerals, nuts are known to provide great heart health benefits. People who enjoy a daily snack of nuts have a lower risk of heart disease, stroke, type 2 diabetes, and obesity. Take your pick of walnuts, hazelnuts, almonds, or peanuts. Just be careful to avoid the kinds with added sugars, salt, glazes, and oils.

Article Source: www.aimbodyfitness.com

For a FREE personal training consultation contact:
Email: steve@aimbodyfitness.com
Mob: 0787 646 1603