COLQUITT REGIONAL
CORPORATE HEALTH

Fats

Types of Fat

- Saturated - Contains no double bonds. Each carbon (C) has two hydrogens (H). The chain is "saturated" with hydrogens. Because of this chemical configuration, saturated fats are generally solid at room temperature.
- Unsaturated - Have one or more double bonds between the carbons. Not all carbons have hydrogens stuck to them. **Monounsaturated** fats have one double bond**. Polyunsaturated** fats have more than one.

The molecular shapes are important because they determine how various fats act in the body.

Unhealthy fats

- Trans -fat (appears in processed foods)
- Hydrogenated fats (e.g. margarine)
- Most shelf stable cooking oils (e.g. canola, corn oil, etc..)

Heathy Fats

Most people refer to monounsaturated and polyunsaturated fats as healthy fats, but a better definition may be relatively unprocessed fats from whole foods.

Fat balance is important for:

- Hormonal regulation
- Healthy immune system
- A healthy inflammatory balance in the body

Saturated fats (animal fats, tropical oils (e.g. coconut, palm)
Monounsaturated & Polyunsaturated (olive oil, avocados, tree nuts, fish oil, chia seeds, flax oil, flax seeds, hemp seeds, algae oil)

Fish oil

- Decrease the risk for heart disease, diabetes, and certain cancers
- Reduce inflammation in the body
- Reduce pain associated with inflammatory disorders such as arthritis, chronic fatigue, etc)
- Improve mood while decreasing symptoms of depression