

# Dietary Fat Recommendations for the 21st Century

“Be concerned about anything you eat in excess. Everything has a point of toxicity, even air and water. Be less concerned about fats if they’re from their original source [as long as the source is clean] and eat everything in moderation.” ~Dr. Jeffrey Bland, PhD

## DO THIS:

- **Eat 4 ½ - 5 cups of brightly colored, low carbohydrate vegetables plus 2 servings of whole fruit every day.** All the researchers in the Fat Summit agree on this one!
- **Eat minimal amounts of Added Sugar** (including white sugar, honey, maple syrup, molasses, palm sugar, coconut sugar, agave, fruit juice concentrates, etc.) and eliminate processed carbohydrates from your eating plan. (All the researchers in the Fat Summit agree on this one, too!!)
- **Use high quality 100% extra virgin, cold pressed olive oil as your dominant fat** for cooking and cold preparations. Cook mostly at medium heat (there are other health reasons to cook at medium heat – that’s a future blog!). High quality extra virgin olive oil can handle higher heat if you choose to use it for stir fry.
- **Experiment with extra virgin, cold pressed, organic coconut oil; avocado oil and grass-fed ghee/butter** (if you can tolerate dairy) for high heat cooking and use in moderate amounts.
- **Choose avocados, nuts, seeds and nut butters as other healthy fat options.** Use them as an anchor in your snacks and meals to help stabilize blood glucose and maximize your energy levels.
- **Include cold water, wild fatty fish in your eating plan at least twice weekly** (wild Alaskan salmon, anchovies, sardines, herring, small halibut). If you do not eat fish, check with your health care provider or nutritionist about taking a high quality fish oil or algae-based DHA omega 3 supplement.

Source: The Fat Summit, Dr. Mark Hyman, February 2016

Revised: 02/2016

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