

Is The Fat I'm Consuming Healthy?

How science views fat has changed significantly in recent decades and it continues to evolve today. Fat is an essential nutrient in our diets- providing energy, delivering flavour, and helping to keep us satiated. However, not all fats are created equal, and it is generally accepted that monounsaturated fats are some of the healthiest, offering cardio-protective and metabolic benefits.

WHAT EXACTLY ARE MONOUNSATURATED FATS (MUFAs)?

Monounsaturated fats are dietary fats that are liquid at room temperature and solidify when chilled.

Oleic acid is the most common MUFA in the diet and makes up roughly 55-83% of the total fatty acid composition of olive oil.

As with all types of fats, monounsaturated fats contain 9 calories per gram.

HOW DO MUFAs BENEFIT HEALTH?

- Help to lower your bad cholesterol (LDL levels)
- Help to reduce inflammation, a process that contributes to chronic diseases
- Optimise your nutrient intake (fat soluble vitamins)
- Stabilise blood sugar and helps prevent diabetes.



MUFA-RICH FOODS

OILS g/100g	FOODS g/100g
Olive oil- 73.9	Hazelnut- 42.2
Canola oil- 58.9	Almonds-36.6
Peanut oil- 46.2	Peanuts-23.4
	Avocado-14g/fruit

References:

1. Marcelino G et al (2019) Effects of Olive Oil and Its Minor Components on Cardiovascular Diseases, Inflammation, and Gut Microbiota. Available at: <https://pubmed.ncbi.nlm.nih.gov/31394805/>
2. Alonso et al (2005) Monounsaturated fatty acids, olive oil and blood pressure: Epidemiological, clinical and experimental evidence. Available at: <https://pubmed.ncbi.nlm.nih.gov/16571180/>