

Quick Fat Facts

PURPOSE OF FAT

Fats serve the primary purpose of repairing cells and acting as natural anti-inflammatories. These cells included but are not limited to:

- Muscle cells
- Brain cells
- Bone cells

With this information, you should now be able to see that healthy fats help to:

- Enhance muscle recovery
- Improve mental clarity and memory retention
- Improve joint health
- Decrease Inflammation
- Regulate muscle building hormones
- Increase absorption of fat soluble vitamins

WHAT TYPE OF FAT

There are basically two types of fat:

- Unsaturated fat from plant sources
- Saturated fat from animal sources

Healthy fats are unsaturated fats that primarily are found from plant sources. The one exception is Omega-3 fatty acids that you can get from different types of fish like salmon and cod.

Healthy fats include:

- Nuts - e.g. peanuts, walnuts and pecans
- Seed - e.g. almonds, sunflower seeds, flaxseeds and pumpkin seeds
- Cooking oils - e.g. olive oil, canola oil, grape seed oil, coconut oil (although a saturated fat it's plant based and the body processes it like an unsaturated fat)
- Omega 3 oils - e.g. flaxseed oil, fish oil

HOW MUCH FAT

When looking to enhance performance and speed up recovery fats are forces to be reckoned with. You should look to consume one serving, 12-16 grams of fat (~1/4 cup), per 50lbs of bodyweight daily.