

# Noland Nutrition Dietary Fat Survey

## Fats and Oils Servings with Estimated Serving Sizes

“Fat – As a Matter of Life” ~ Are you eating a balance of Omega 9-6-3-Beneficial Saturated each week?

- Fats control inflammation
- Fats are major components of brain and the nervous system
- Fats build healthy cell membranes
- Dietary fats supply essential fats our body cannot make
- Fats & cholesterol form hormones
- Fats regulate the immune system
- Some vitamins are fat soluble (D, E, K, A)
- Fats insulate, protect and cushion our organs

| Fat or Oil Category  | Example –circle fats you eat weekly  | Your Weekly # Servings Fat Self-Assessment         |
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| <b>Omega 9s</b><br>Oleic Fatty Acids<br><i>Stabilizers</i><br>~50% daily fat calories  | Raw/Roasted Nuts & Seeds: Almonds, Sesame Seeds, Walnuts, Macadamia Nuts, Pine Nuts, Almond Butter, Tahini (sesame seed butter), Olives<br>Almond Oil, Olive Oil, Avocado Oil, Hummus (Tahini Oil), Avocado<br>(Non-nuts: Cashew and Peanut Butter (natural, oil on top - minimize)  | Goal daily intake 3-5 servings/day=20-30/week      |
| <b>Omega 6s</b><br>Linoleic Acid (LA)<br>GLA (λ-linolenic acid)<br>Arachidonic Acid (AA)<br><i>Cellular Controllers</i><br>~30% daily fat calories                                       | Eggs (whole, organic) (AA)<br>Meats (commercial, grass-fed) (AA)<br>Raw Nuts & Seeds: Brazil nuts, Pecans, Hazelnuts, Filberts, Walnuts, Hemp Seeds, Sunflower Seeds, Pumpkin Seeds, Grapeseed (LA)<br>GLA-Oils: Evening Primrose, Black Currant, Borage, Hemp, GLA and Linoleic supplements   | Goal variety 2 servings per day = <u>14 / week</u> |
| <b>Omega 3s</b><br>Alpha-Linolenic Acid(ALA)<br>EPA/DHA/DPV<br><i>Fluidity/communicators</i><br>~10% daily fat calories  | Fish Oil (High DHA or EPA), 3-6-9 Balanced or DHA oils<br>Fish (salmon/fin-fish), Fish (shellfish)<br>Flax Seeds (ground/meal), Chia Seeds<br>Flax Oil, Algae<br>Flax, Fish Oil Supplements  | Goal 2 -3 servings per week + vit/minerals         |
| <b>Beneficial Saturated Fats</b><br>SCFA & MCT<br><i>Cell &amp; Tissue Structure</i><br>*Best cooking oils<br>~10% daily fat calories  | *Butter (organic, pasture), *Ghee (clarified butter–Indian cuisine)<br>Dairy (preferably organic, raw, pasture-fed)<br>*Meats (preferably grass-fed) Wild Game, Poultry (preferably organic) fats<br>*Coconut Oil & Pasture Butter, MCT Oil (Medium Chain Triglyceride)<br>Eggs (whole, organic, cooked carefully-not scrambled or omelet-damages yolk)  | Goal minimum 2 servings /day = <u>14 / week</u>    |
| <b>Phospholipids</b><br>Phosphotidylcholine (PC),<br>Phosphotidylethanolamine,<br>Phosphotidylinoitol,<br>phosphotidylserine,<br>cholesterol: Healthy liver bile, brain & cell membranes | Egg Yolk, organic, raw or water cooked, low temp cooking (minimize scrambled/omelets)<br>Legumes<br>Grass-fed meats, poultry, small wild fish, clean shellfish<br>PC/PhosphotidylCholine-PE/PhosphotidylEthanolamine supplements<br>Phosphotidylserine supplements (caution, use with professional guidance)   | Goal: 4-5 servings/week                            |
| <b>Fats to Avoid</b><br>Trans fats, acrylamides & Damaged Long chain Fatty Acid (hi heat processed), oxidized, hydrogenated.<br><i>Metabolic Stressors</i><br><5% daily fat calories     | Most packaged foods and fast foods<br>Margarine, Hi-Heat-processed Vegetable Oils (corn, sunflower, canola), Mayonnaise (commercial), Hydrogenated Oil (as an ingredient), “imitation” cheeses, Tempura, Doughnuts (fried), Deep-Fried Foods, Chips, Regular Salad Dressing, Peanut Butter (hydrogenated <i>Jif, Skippy</i> , etc.), Roasted Omega-3 Nuts/Seeds, Dairy Substitutes-processed hydrogenated (not including nut milks like almond, coconut milk, etc.)<br>Avoid acrylamides and toxic molecules that are formed with high temperature cooking - browning during grilling, baking, frying or deep-frying<br>Avoid food prep with stretch plastic, BPA-containers, cooking in Teflon/Nonstick | Zero or <5% daily fat calories per week            |

| Type of Fat or Oil – Each individual has different fat requirements for health – Most important is to use “good” oils | Serving Size Estimate    |
|---|--------------------------|
| Hummus (Tahini Sesame oil/Lemon/garlic)   | ½ cup                    |
| Nuts, Seeds, Ground Flaxseeds, Chia, Olives, Hearts of Palm   | ¼ cup / chia/flax 1 Tbsp |
| Nut butters (almond butter, coconut butter, peanut, cashew, butter, etc.)   | 2 Tablespoons            |
| Oils Cold /Expeller Press (olive oil, almond oil, avocado oil, macadamia oil) and olives                              | 1 Tablespoon             |
| Pasture-fed Butter or Ghee (clarified butter – Indian cuisine) good cooking oil/ Butterfat in pasture-milk products   | 1 teaspoon               |
| Eggs (yolk), whole, organic, pasture-fed (get soy-free if sensitive to soy)   | 2 each                   |
| Fatty small wild ocean fish, meat, poultry  | 3-4 ounces               |
| Avocado, raw  | ½ avocado                |
| Hearts of Palm  | 3 - 4-in sticks (140 g)  |

Some medical conditions have special fat requirements-consult a health professional for guidance (gallbladder removal, liver disease, etc.)

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