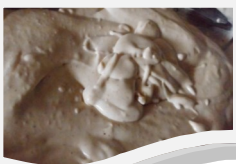




## Fat- Friend or Foe?


According to National Heart Foundation of Australia <sup>\*1</sup>, "Currently

Australians have about 12% of saturated fat (e.g. 28 grams fat in an 8700 kilojoule intake). That's about 70% more than they need". How did they collect these data? Have you ever submitted your diet to any organisations? Even if you did, how much do you remember what you ate in the past week or even yesterday? The data is most likely inaccurate. Who figured out how much (saturated) fat various individuals need? It simply doesn't convince anyone. Also, this is one of their tips for healthy eating: 'Swap butter for margarine spread made of canola, sunflower and olive.' Is it butter and /or fat a problem in our diet? Numerous research show that low fat diet doesn't reduce the risk of weight gain, obese, cardiovascular diseases, diabetes and so on. <sup>\*2</sup> However, there is no clear evidence that high fat diet increase the risk of these chronic disease. <sup>\*3</sup> Our body is very sophisticated hence only a single nutrient can't change or improve our whole system. At least, now (and finally!) we know sugar, especially added one, is more problematic. When we eat sugary flour goods (e.g. bread, pasta, cakes, etc.) our body secretes insulin to mop up excess sugar in our blood. When this insulin spike occurs repeatedly, we will have insulin resistance. There may be enough insulin in your body but its receptors become less sensitive, hence the blood sugar level stays high. Other organs can't hear insulin's order. This is one of the key components of causing and progressing diabetes, dementia, obesity, Alzheimer's disease and more. <sup>\*4</sup> Intermittent fasting is very effective to improve its sensitivity. However, it might be easier to have good fat instead of sugar, mightn't it?



**Coconut ice cream (serve 7-8)**  
Equipment: Good & powerful blender  
a bowl (anything but plastic, shallow stainless steel is better)  
Ingredients:  
\*1 tin full fat coconut cream \*1 large or 2 small bananas  
\*2 medjool dates (pitted) \*1 tablespoon raisins \* 1-2 dry figs

**Direction:**  
1) Put all ingredients in a blender and process until all dry fruits chunks invisible.  
2) Pour 1) into a bowl and put it in the freezer for about 40 minutes.  
3) Put 2) in the blender and process 30 seconds.  
Put it in the freezer for another 40 minutes.  
4) Repeat 3) for 3-4 times. You should wait for another hour before consuming it.



<sup>\*1</sup><https://heartfoundation.org.au/healthy-eating/food-and-nutrition/fats-and-cholesterol/saturated-and-trans-fat>  
<sup>\*2</sup> Howard BV et al. Low-fat dietary pattern and risk of cardiovascular disease: the Women's Health Initiative Randomized Controlled Dietary Modification Trial. *JAMA*; 2006 Feb 8;295(6):655-66.  
<sup>\*3</sup> Kratz et al. The relationship between high-fat dairy consumption and obesity, cardiovascular, and metabolic disease. *European Journal of Nutrition*. February 2013, Vol 52, (1); 1-24  
<sup>\*4</sup> Trivedi B. Eat your way to dementia. *New Scientist* 2012 1<sup>st</sup> Sep. Vol 215,2880;32-7.

**The main things in our body made of adipose tissue (= fat)**

- 1) Brain  
its grey matter whose loss is related to chronic pain, dementia, memory impairment etc.
- 2) Hormones  
- stress managing hormones  
- sex hormones  
- metabolic system regulating hormones
- 3) Cell walls & outer cellular matrix  
very important for cell communications and nutrients exchanging
- 4) Cytokines  
necessary for inflammation management (e.g. pain and fight against infections)
- 5) Skin & around all organs  
providing protection and vitamin D synthesis on the skin.

We need fat!