

THERAPEUTIC FOODS: FATTY ACIDS

Food	Action/Constituents
Beets	High levels of folate and manganese support gall bladder function. Grate and mix with green apple and carrot (drizzle with olive oil and lemon juice) and eat as a condiment.
Radishes	Sulphur-based chemicals increase the flow of bile, helping to maintain a healthy gallbladder and liver function.
Dandelion	Enhances the flow of bile, improving liver congestion, bile duct inflammation, hepatitis, gallstones, and jaundice. Dandelion's has a direct effect on the liver, causing an increase in bile production and flow to the gallbladder (choloretic effect), and it has a direct effect on the gallbladder, causing contraction and release of stored bile (cholagogue effect).
Artichoke	Increases bile production. It has been suggested that 30 minutes after eating globe artichoke, bile flow is increased by over 100%.
Coconut Oil	The digestive health advantages of medium-chain fatty acids (MCFA) over long-chain fatty acids (LCFA) are due to the differences in the way our bodies metabolize these fats. Because the MCFA molecules are smaller, they require less energy and fewer enzymes to break them down for digestion. They are digested and absorbed quickly and with minimal effort. MCFA are broken down almost immediately by enzymes in the saliva and gastric juices so that pancreatic fat-digesting enzymes are not even essential. Therefore, there is less strain on the pancreas and digestive system. This has important implications for patients who suffer from digestive and metabolic problems. Also contains a high amount of lauric acid, which has antimicrobial properties. Contains 49% lauric acid, 18% myristic acid, 8% palmitic acid and 8% caprylic acid.
Lemons	High in limonene, they help in thinning the bile and enhance overall digestion.

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Lard	40% saturated fat, 50% monounsaturated and 10% polyunsaturated fat. Lard should be considered a monounsaturated fat.
Almonds & Almond Oil	Stable oleic-rich oil. Composition: 7% palmitic acid, 61% oleic acid, and 30% linoleic acid.
Avocado Oil	Oil is composed of 17% palmitic acid, 68% oleic acid and 12% linoleic acid.
Flaxseed Oil	Delicate oil due to high alpha-linolenic acid content. Contains 17% oleic acid, 14% linoleic acid and 60% alpha-linolenic acid. Lecithin content has shown to increase biliary phospholipid levels and help with gallstones.
Butter	Contains 12% myristic acid, 26% palmitic acid, 12% stearic acid, and 28% oleic acid.
Duck/Chicken/Goose/Turkey Fat	Poultry fat is a source of the antimicrobial fatty acid, palmitoleic acid. The percentage of palmitoleic acid depends on what the bird is fed. Saturated fat counts for less than 30% of the total fatty acids and monounsaturates around half.
Cod Liver Oil	Made from the livers of soft-finned saltwater fish it contains high levels of vitamin A and D as well as a good amount of E. With 22% oleic acid, 14% palmitic acid, 12% palmitoleic acid and 12% gadoleic acid it is a good source of elongated omega-3 fatty acids (EPA & DHA).

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Tallow/Suet	Rendered fat from cattle, sheep or lamb. Tallow contains 100% fat and Suet 94% (around 50% saturated, 40% monounsaturated and 3-6% polyunsaturated). With a high percentage of palmitic acid (24-25%), stearic acid (22-25%) oleic acid (33-39%) they are very stable oils and ideal for cooking at high heat.
Olive Oil	Contains 71% oleic acid, 14% palmitic acid and 10% linoleic acid. Is a very delicate oil and should not be used for cooking at a low heat.
Palm Oil	Historically used in baking it is composed of 45% palmitic acid, 39% oleic acid and 9% linoleic acid. It also has a high concentration of β -carotene and tocotrienols.
Palm Kernel Oil	Made from the kernels of palm fruit it is similar in look and composition to coconut oil and contains 50% lauric acid, 16% myristic acid and 14% oleic acid.