



guide to HEALTHY FATS

Healthy fats support so many of our bodily systems and help them run smoothly. From keeping our brains sharp to absorbing key nutrients in the digestive system, fat has many benefits. It's a delicious source of energy that keeps us full and moving during the day.

NTA students are taught that not all sources of fat are made equal, and they spend time learning how to help clients include natural, safe, and delicious fats in their meals, while avoiding their unnatural counterparts.

FAT IS YOUR FRIEND

(in your body and in your diet)

- Source of Energy
- Supports Hormone Production and Function
- Improves Brain Function
- Creates Healthy Cells
- Absorbs Vitamins A,D,E + K
- Delicious Source of Nutrients
- Protects Organs
- Regulates Body Temperature
- Regulates Appetite



HEALTHY FATS TIP #1



Cook your vegetables in a healthy fat source for added nutrients and to make them taste delicious!





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HEALTHY FATS TIP #2



Eat fatty cuts of properly raised meat for the most flavor and nutrients.

NOURISHING FATS ARE...

- ✓ Fully intact, retaining their native chemical structure, because they have not been altered with high heat or pressure
- ✓ Natural, with no added chemicals
- ✓ Naturally shelf-stable, but do eventually expire
- ✓ Made from whole-foods sources

EAT A VARIETY OF HEALTHY FATS:

Omega-3s	Omega-6s	Saturated	Omega-9s
<ul style="list-style-type: none"> • Wild-Caught Fish & Oils <ul style="list-style-type: none"> ○ Mackerel ○ Salmon ○ Cod ○ Herring ○ Sardines ○ Anchovies • Egg Yolk • Walnuts 	<ul style="list-style-type: none"> • Organic, Unprocessed Nuts + Seeds <ul style="list-style-type: none"> ○ Pistachios ○ Pumpkin ○ Sunflower • Cold-Pressed Oils <ul style="list-style-type: none"> ○ Black Currant ○ Evening Primrose ○ Sunflower ○ Sesame ○ Flaxseed 	<ul style="list-style-type: none"> • Organic Virgin Coconut Oil • Fats from Pasture-Raised Animals <ul style="list-style-type: none"> ○ Beef ○ Pigs ○ Lamb ○ Bison ○ Buffalo ○ Elk ○ Goat 	<ul style="list-style-type: none"> • Organic Olives • Avocados • Almonds • Hazelnuts • Macadamica Nuts

HEALTHY FATS TIP #3



Fatty fish like wild caught salmon is an excellent source of the essential long-chain omega-3 fatty acids EPA and DHA.



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