

Why We Need Fat

- Why is fat important for weight loss?
 - Fat is an essential part of the cell membrane
 - present in all of the bodies cells ...without adequate dietary fat, our cells become dysfunctional and over time you may struggle with metabolic processes such as blood glucose transport less efficiently when not enough repair product (dietary fat) is present in the daily diet.
 - Over the long term, this dysfunction will inevitably lead to weight gain, due to insulin insensitivity, and could possibly lead to type II diabetes.
 - Fat yields 9 calories per gram, while carbohydrate and protein yield 7. Without adequate supply of dietary fat, one may consume too little calories, blunting long term fat loss success and maintenance due to hunger issues.

Fat Facts

- Why we need fat continued
 - Dietary fat, when added to forms of carbohydrate, slows down the insulin response by the body therefore increasing digestion time, and lessening the likelihood of excess bodyfat storage when used as a means to lengthen the time it takes for the body to convert it to fuel. This rate of response is known as a glycemic response
 - Inadequate dietary fat intake could wreak havoc on the hormonal system. It is an important part it getting your body's hormonal system in optimum ranges.

Different Kinds of Fat

Good Fat lowers LDL and Raises HDL

- Unsaturated
 - Mono
 - Avocado, olive oil, sesame oil
 - Poly
 - Omega (fatty fish), sunflower oil, corn oil
 - Increases HDL and lowers LDL
- Saturated
 - Animal Source
 - Necessary for hormone and liver function
 - Excess can increase LDL
- Trans
 - Man made

What's the right time

- When is the best time?
 - At night, replacing sources of carbohydrate if the goal is fat loss/weight maintenance
 - There is no wrong time to eat fats...the exception being immediately post workout. During a post workout time, the body is most responsive and receptive to insulin, therefore we wish to take advantage of this. As such, a mixture of protein and carbohydrate should be ingested immediately post resistance training, with minimal fat.
 - Fat slows down absorption of nutrients by the body's digestive systems...We want rapid absorption at this time!

The Big Lie

- Fat clogs your arteries-False!!!
 - High blood glucose causes injury in your arterial walls. The walls are calcified to repair the injury.
 - Any excess substrate will be more able to “stick” to the arterial walls
 - Here’s where excess saturated fat becomes a problem