



HEALTHY VS. UNHEALTHY FATS

~Tips for Buying and Using~

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COOKING OILS AND FATS: Which ones to use?

This table below shows which ones are the best ones to use. Note that ALL fats (healthy or not) should be used in moderation. When cooking with them, avoid burning the oil. For flavoring your foods after cooking, use a light touch rather than drowning your food in them (butter, salad dressing, mayo, etc).

FATS AND OILS <u>TO USE</u>	FATS AND OILS <u>TO LIMIT/AVOID</u>	
<ul style="list-style-type: none"> ● avocados and avocado oil ● olives and olive oil ● coconut and coconut oil ● real butter (NOT margarine) ● MCT oil (medium chain triglycerides) ● sesame oil 	<ul style="list-style-type: none"> ● soybean oil ● safflower oil ● sunflower oil ● corn oil ● canola oil ● cottonseed oil 	<ul style="list-style-type: none"> ● peanut oil ● rice bran oil ● vegetable oil blends
<p>These are healthy, STABLE fats. Good for eating and cooking. The oil from these fat sources is minimally processed and contains valuable nutrients. Use these “as is”, or as ingredients in other recipes. For info about cooking with fats, check out this article.</p>	<p>These are highly processed, UNSTABLE fats. They are higher in toxins and are stripped of most nutrients. They make weight management difficult. Used in fast foods, restaurant foods and processed foods. Read labels and see all that they are in. Here is a Healthline article for additional reading: “Are Vegetable and Seed Oils Bad for Your Health?”</p>	

Check out this excellent resource: [“HEALTHY COOKING OILS: THE ULTIMATE GUIDE”](#).

And in case you are really curious....here are video links to learn how some oils are made: [canola oil](#), [soybean oil](#), [olive oil](#), [avocado oil](#), [coconut oil](#).

BUTTER vs MARGARINE

If you are using a “healthy margarine”, please go and check the ingredient list right now. **If you see any of the oils listed from the “fats to limit” list** (above, right column), it’s time to make a switch.



REAL butter is a far better choice, with lots of healthy nutrients in it. Organic, unsalted butter is preferred, but any real butter is better than margarine or a blend of these unfavorable oils. If you have a problem with lactose, consider using ghee. Ghee is clarified butter, from which the milk solids have been removed. Here is a Healthline article titled [“Ghee, Is It Healthier Than Regular Butter?”](#) Some potential health benefits are noted as well as the advantages of using ghee for cooking.

EXAMPLES OF BUTTER OR GHEE <u>TO CHOOSE</u>	ONES <u>NOT TO BUY</u>
<ul style="list-style-type: none"> ● Organic Valley (butter and ghee) ● Kerrygold Butter ● Cabot Butter ● Prairie Farms Butter ● Land O Lakes Butter ● Great Value Organic Butter ● Carrington Farms Ghee ● Vermont Cultured Butter 	<ul style="list-style-type: none"> ● Blue Bonnet ● Brummel and Brown ● Country Crock ● Earth Balance ● I Can’t Believe It’s Not Butter ● Smart Balance ● Move Over Butter ● Parkay

MAYONNAISE

The biggest problem with mayo is that most store-bought versions are made with **soybean oil**, and/or other unfavorable oils. Read the ingredients on any mayo you are considering. Ones made from avocado oil and/or olive oil are the best. Some may say “made with olive oil” on the front, but when you read the ingredients, you may find other unfavorable oils also on the list. Also, keep in mind that pre-made chicken or tuna salad is likely made with unfavorable versions of mayo. And it’s often what restaurants use too. Make your own tuna or chicken salad when you can!



Here are some mayo brands to consider.

All 3 of these are made from avocado oil.

PRIMAL KITCHEN	CHOSEN FOODS	BETTER BODY FOODS
		

DON'T BE FOOLED!

These say “made with olive oil” on the front....but check out the ingredients list!

DUKE'S “Made with Olive Oil”	KRAFT “Made with Olive Oil”
 <p>Water, Olive Oil, Canola Oil, Soybean Oil, Modified Food Starch, Egg Yolks, Distilled and Cider Vinegar, Sugar, Salt, Lemon Juice, Spice, Xanthan Gum, Potassium Sorbate (Preservative), D,L, Alpha Tocopherol Acetate (Vitamin E), Beta Carotene (Color), Natural Flavors, Calcium Disodium EDTA Added To Protect Flavor. CONTAINS EGG</p>	 <p>Ingredients: Water, Olive Oil, Canola Oil, Soybean Oil, Vinegar, Modified Food Starch*, Eggs, Sugar, Contains Less Than 2% Of Egg Yolk, Salt, Mustard Flour, Phosphoric Acid*, Natural Flavor, Dried Onion, Beta-Carotene* (Color), Oleoresin Paprika* (Color), Potassium Sorbate* And Calcium Disodium Edta (To Protect Flavor).</p>

SALAD DRESSING

BEST CHOICES in Store-Bought Dressings:


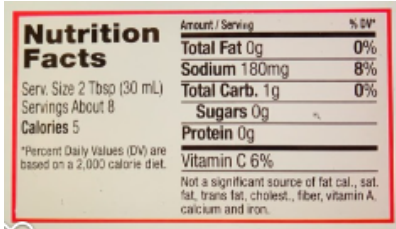

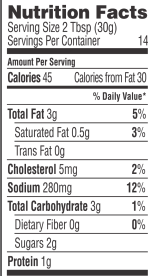
If you wish to stock your pantry with some salad dressings that are made with favorable ingredients, here are a few brands to try. You may find these locally, or you may need to search for them online.

BRAGG'S	CHOSEN FOODS	PRIMAL KITCHEN
		

Article to read for reference: [“The 5 Healthiest Store-Bought Dressings”](#).

USE CAUTION with these Store-Bought Dressings

These brands are commonly used, but do have some unfavorable ingredients.

SKINNY GIRL SALAD DRESSINGS		BOLTHOUSE FARMS YOGURT-BASED DRESSINGS	
			
<p>Water, Cider Vinegar, Cucumber Juice, Lemon Juice Concentrate, Salt, Fruit Juice Concentrates (Apple, Pear, Lemon, Grape, Raspberry, Elderberry), Distilled Vinegar, Dried Red Bell Pepper, Citric Acid, Dried Onion, Xanthan Gum, Dried Garlic, Fruit Juice (for Color), Natural Flavor, Potassium Sorbate and Calcium Disodium EDTA (to Preserve Freshness), Sucralose</p>		<p>Buttermilk (Cultured Nonfat Milk, Milk, Sodium Citrate, Vitamin A Palmitate), Water, Yogurt (Cultured Milk, Pectin, Carrageenan), Soybean Oil, Reduced Acid Pineapple Juice Concentrate, Whey Protein Concentrate, Distilled Vinegar, Natural Flavors, Salt, Egg Yolk, Xanthan Gum, Spice, Guar Gum, Carrageenan.</p>	
<p>Unfavorable Ingredient: sucralose.</p>		<p>Unfavorable ingredients: soybean oil + Carrageenan</p>	

WATCH OUT!! Fast food dressings are LOADED with UNHEALTHY INGREDIENTS

Soybean oil is the main oil in most fast food and restaurant dips and dressings. Check labels to see for yourself. At restaurants, ask your server which oil they use to make their “homemade dressing”. There may be other unfavorable ingredients too, like added sugars and preservatives.

Example: Light Balsamic Vinaigrette from Chick-Fil-A : Not as healthy as you would think!

Water, balsamic vinegar (contains sulfites), sugar, soybean oil, distilled vinegar, orange juice concentrate, salt, onion*, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, garlic*, spice, calcium disodium edta added to protect flavor. *dehydrated.

HOMEMADE DRESSINGS

HOMEMADE SALAD DRESSING RECIPES: Click these links to get inspired!

- [10 Low Carb, Keto-Friendly Salad Dressings](#) taken from www.healthline.com.
Some of these dressings are featured below.
 - [22 Healthy Homemade Salad Dressings Made with Olive Oil](#) taken from www.EatingWell.com.
Excellent pictures, nutrition info is listed. Find ones you like and print the recipe off for future use.
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Making dressings yourself allows you to use a higher quality oil + quality ingredients you select. These will keep in the refrigerator for 7-10 days. Use these on salads, pair with your favorite protein, or serve along with your veggies. **Recipes for several of these are listed below for your convenience.**

- **Tip #1:** When making your own dressings, you can whisk the ingredients by hand, use a small single serve blender, or shake them up in a mason jar. Use whatever tool(s) you have on hand!
- **Tip #2:** You may want to purchase some small, single-serve containers to store the dressing in. When you first blend it, all the ingredients will be emulsified. When you store it in the fridge for later use, the oil will separate (and slightly harden). This could make it difficult to pour when you are ready to use it. If you have some smaller containers, you can divide it out right after you make it. Then it will be easy to shake up your single serving and use when ready. Google “disposable condiment cup” to find some.



HOMESTYLE RANCH:

2 Tbsp = 84 calories, 2 g carb, 1 g protein, 8 g fat

- 1/2 cup (120 grams) of sour cream
- 1/2 cup (120 grams) of mayo
- 1/4 cup (60 ml) of heavy whipping cream
- 1 tsp of chopped chives
- 1 tsp of dried dill
- 1 tsp of onion powder
- 1 tsp of garlic powder
- 1-2 tsp (5-10ml) of fresh lemon juice
- Salt and pepper to taste

Combine all ingredients in a bowl or container with a lid; shake or stir (or blend if using a small blender). Refrigerate for a couple hours to serve chilled; or serve immediately at room temperature.

CREAMY BLUE CHEESE DRESSING WITH CHIVES:

2 Tbsp = 106 calories, <1 g carb, <1 g protein, 12 g fat

- 1 cup mayonnaise (get my recipe here)
- 1/2 cup sour cream
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 3/4 cup crumbled blue cheese
- 1/4 cup chopped fresh chives

Add all ingredients to a medium bowl, and mix until well combined.

HONEY-MUSTARD:

2 Tbsp = 38 calories, <1 g carb, <1 g protein, 2.5 g fat

- ½ cup full fat sour cream
- 2-4 tablespoons water (the more you use, the thinner the dressing will be)
- ¼ cup Dijon mustard
- 1 tablespoon apple cider vinegar
- 1/2 tablespoon granular erythritol

Combine all ingredients in a mixing bowl, and whisk to combine. Store in the refrigerator for up to 2 weeks.

ITALIAN VINAIGRETTE:

2 Tbsp = 198 calories, <1 g carb, <1 g protein, 22 g fat

- 1 tbsp Italian seasoning
- 1 cup light olive oil
- ¼ cup red wine vinegar
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 tbsp Dijon mustard

Pour all ingredients in a beaker with a lid, or a dressing bottle with a large opening. Shake vigorously and let sit for 30 minutes or longer to let the flavors develop. Keep in the refrigerator for up to 7 days.

CAESAR DRESSING:

1 Tbsp = 100 calories, <1 g protein, <1 g carb, 10 g fat

- 3 cloves garlic, finely minced
- 1 ½ teaspoons anchovy paste
- 1 teaspoon Worcestershire sauce
- 2 tablespoons fresh lemon juice (about ½ a lemon)
- 1 ½ teaspoons Dijon mustard
- ¾ cup mayonnaise
- Salt and Pepper to taste

Mince 3 cloves garlic, or use a garlic press to save time. Add this to a large bowl. Add anchovy paste, Worcestershire sauce, lemon juice, and dijon mustard to the garlic and whisk together. Add the mayonnaise into the bowl and whisk until everything is combined. Season with salt and pepper to taste. Serve, preferably on a Caesar salad with freshly shaved Parmesan!

THOUSAND ISLAND DRESSING:

1 Tbsp = 96 calories, <1 g carb, <1 g protein, 10 g fat

- 1 cup mayonnaise
- 2 tbsp reduced sugar ketchup
- 1 tbsp apple cider vinegar
- 2 tbsp pickles
- 2 tbsp onion
- 1/8 tsp stevia
- 1/8 tsp salt
- 1/8 tsp pepper

Chop pickle and separate into two separate tablespoons. Finely dice onion and separate into two separate tablespoons. Place all ingredients except 1 Tbsp each of pickle and onion in an emulsion blender container (or food processor or blender). Begin blending and move the blender as needed to thoroughly combine ingredients, approximately 30-60 seconds. Stir the reserved tablespoon of pickle and onion into the dressing. Pour into a jar and place in the refrigerator to let flavors meld for a couple of hours.

BALSAMIC VINAIGRETTE

1 Tbsp = 85 calories, 1 g carb, <1 g protein, 9 g fat

- 1/3 cup balsamic vinegar
- 2 cloves garlic, minced
- 1/8 tsp black pepper
- 1/2 tsp salt
- 1 tablespoon dijon mustard
- 2/3 cup olive oil

Add all ingredients to a mason jar and shake or add to a blender and blend.

Consider using MCT oil for some of the oil. MCT oil can help you make ketones which improves mitochondrial functioning and helps you lose weight!

MCT OIL: WHAT IS IT AND WHY WOULD I USE IT?

- ❖ MCT stands for “**medium chain triglycerides**”. Don’t worry if you don’t know how to say that—just call it “MCT”.
- ❖ MCT is a special type of fat. The way we absorb it and use it is different from fats like olive oil or butter. This type of fat goes straight to the liver where it can immediately be burned for energy; and it can also be made into ketones. Read more in this Healthline article: [MCT Oil 101: A Review of Medium-Chain Triglycerides](#).
- ❖ There are many other potential benefits too! You can read more about them in this Healthline article: “[7 Science-Based Benefits of MCT Oil.](#)”

HOW DO I BUY IT?

- ❖ **There are many different brands available.** The highest quality ones will have mostly C8 and C10 fats, and they will be a little more expensive. Bulletproof brand is the most expensive because it is only C8, which is the most “ketogenic”. A combination of C8 and C10 can work well too. If you read the label and see that there are others besides these (C6 and/or C12), don’t buy it.
- ❖ **You can buy it as a liquid oil or as a powder.** Liquid MCT oil has no flavor. It can be used in recipes (really good to use in homemade salad dressings!) but you can cook with it too. The powdered version is great in coffee; it comes in plain or flavored varieties.
- ❖ [This guide](#) from KetoConnect has great visuals and info to help you select the right one for you.

EXAMPLES OF QUALITY MCT OILS AND POWDERS:

				
Bulletproof MCT Oil	Now Foods MCT Oil	Nature's Way MCT Oil	Bulletproof MCT Oil Powder	Perfect Keto MCT Oil Powder
Pure C8 oil. More expensive but top quality.	Made from C8 and C10 oils.	Made from C8 and C10 oils.	Comes in regular, vanilla and hazelnut flavors.	Unflavored, strawberry, vanilla, peanut butter, chocolate, cinnamon toast, salted caramel, and matcha latte.

A NOTE ABOUT AVOCADOS

Avocados are all the rage these days due to their healthy fat and fiber content, plus having minerals like potassium and magnesium (which help balance out sodium to improve your blood pressure).

Avocado info and tips:

- ❖ Hass avocados are the most popular type; you can buy them as singles or grouped in a bag.
- ❖ “Mini” or “**tiny avocados**” are also available; these are handy for smaller portions.
- ❖ You might buy them when they are green and firm to the touch; simply allow to ripen on the counter, then store in the fridge until ready to eat.
- ❖ You will know it is ripe when the outer skin turns from green to a darker gray/brown color and softer to the touch; however, it should not be mushy. Picture above illustrates the color you are looking for.
- ❖ After being cut, it will turn brown (similar to a banana) after a short period of time. For this reason, only slice as much as you immediately plan to use.
- ❖ After cutting into it, you can store unused portions in the fridge in an airtight container. Just remove the brown edges next time when you use it.



Here are a few ways to include them in your diet:

- ❖ Avocados are great with Mexican-flavored dishes. Slice, dice or use them to make guacamole.
- ❖ They also pair well with eggs, either served on the side or tucked into an omelet.
- ❖ How about adding some into a low-carb wrap for lunch?
- ❖ Blend into shakes and smoothies to improve the creaminess of the shake, and also to add some healthy fats and fiber.
- ❖ Also great diced, to top off a bowl of chili, gumbo or other soup/stews.
- ❖ Add sliced avocado to salads too!!

→ Click [here](#) for more GREAT TIPS on how to use avocados!

WHAT ABOUT NUTS?

Nuts can be a healthy part of the diet, especially if you use these tips below.

- ❖ **Use CAUTION!** A one-ounce serving (1/4 cup) has around **160 calories**. This pic (right) is about 1/4 cup.
- ❖ Nuts provide all 3 macronutrients: **protein, fat and carbs**. People often think they are “high in protein”. They do contain some protein, but they are a greater source of fat. And they also contain some carbs, so also use caution if you are on a very low carb diet.
- ❖ Nuts contain a **small amount of fiber** (maybe 3 grams per serving).
- ❖ Nuts also provide a dose of health-promoting nutrients like magnesium, vitamin E, B vitamins, selenium, manganese and others. Some of these nutrients can help improve blood pressure, blood lipids and help with weight loss, among other benefits.
- ❖ **Limit to one serving per day most days** (mostly due to the calories).
- ❖ Nut butters follow the same rule: 2 level tablespoons is one serving. Look for nut butters without added sugars and oils.
- ❖ Ok to enjoy them as a snack by themselves (measure out, then put the jar away!)



- ❖ Add to salads, yogurt and other dishes for a satisfying and tasty crunch that is low in carbs and high in nutrient value.
- ❖ Avoid candied or sugar-coated options; also look out for other unhealthy additives. Trail mix that contains dried fruit, M & M's, etc, is NOT a good choice.
- ❖ Raw nuts are the preferred option.
- ❖ Soaking and sprouting nuts is a way to release “antinutrients” and potentially increase nutrient availability, but the jury is still out on this. [Read more here.](#)

BEST NUTS TO CHOOSE?

Check out this article from Healthline titled “[The Top 9 Nuts to Eat for Better Health](#)”. Potential health benefits of each nut are listed in the article. You will find that each nut provides a slightly different range of beneficial nutrients; for this reason, it could be valuable to include a variety of nuts as part of your usual diet, as long as you do not have allergies or unfavorable responses to them. This blog post “[Top Ten Nuts Ranked by How Healthy They Are](#)” by Dr. David Friedman echoes the list below and also summarizes some of the potential health benefits.

For reference, the top 9 listed include:

1. Almonds
2. Pistachios
3. Walnuts
4. Cashews
5. Pecans
6. Macadamia nuts
7. Brazil nuts
8. Hazelnuts
9. Peanuts

Storage and Buying Tips:

Nuts contain a high percentage of polyunsaturated fats that can go rancid (light, oxygen and heat speed up this process). For this reason, it's best to store nuts in an airtight container in the fridge or freezer. Rancid nuts will have a harsh or bitter aroma. Avoid buying in bulk or from large storage bins. And get ones without added flavors.

RAW NUTS VS HEATED/ROASTED NUTS?

Raw nuts are nuts that have not been cooked and they have no added flavors. These will be the healthiest option. Examples of raw nuts can be found [here](#).



WHOA! NUTS ARE PRICEY!

You may note that high quality nuts are expensive! That's a good reason to limit your portion to one serving per day (1/4 cup or 1 ounce or 2 Tbsp nut butter).