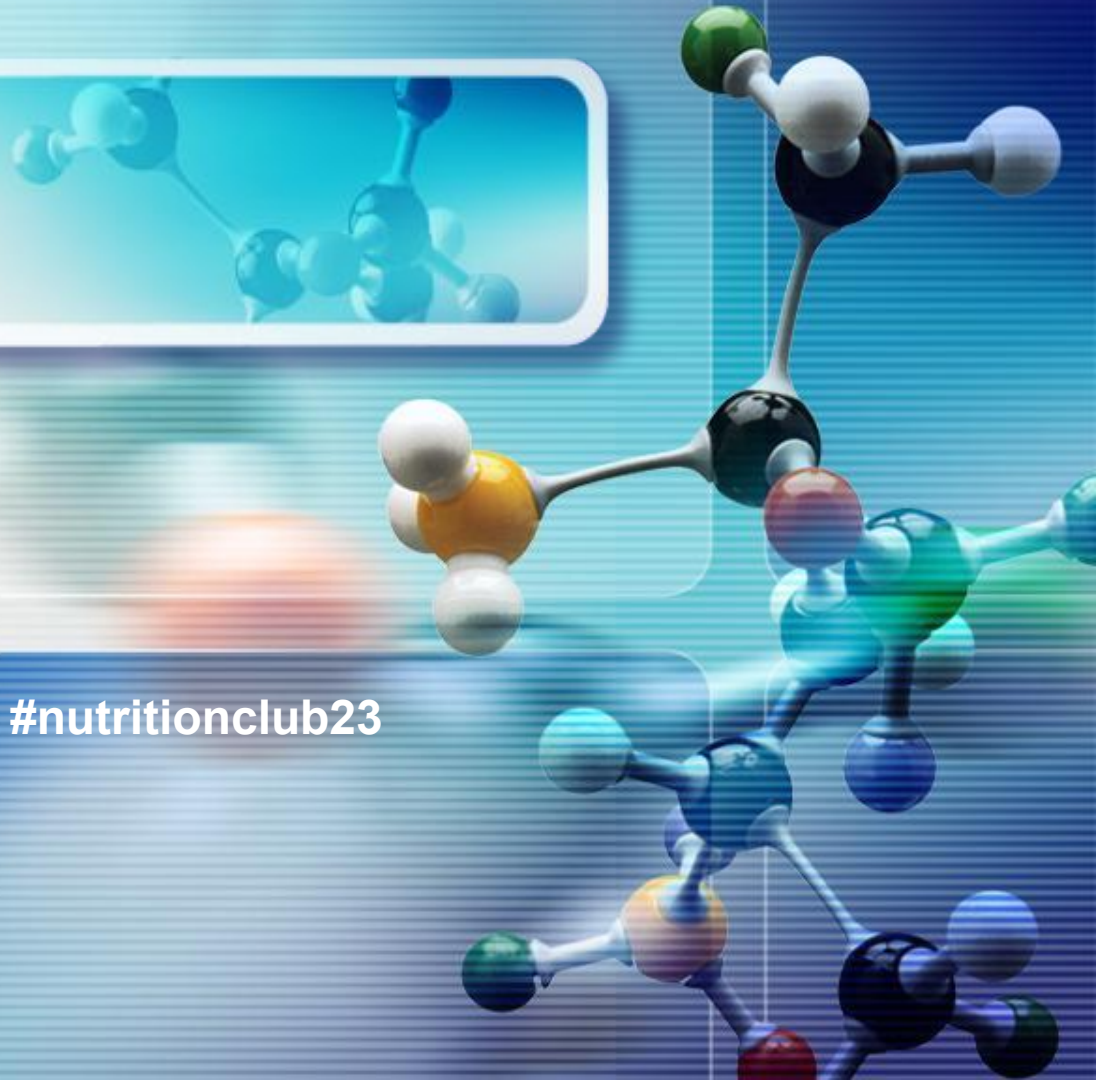


LOGO

Fats and Oils

[#nutritionclub23](#)



Macronutrients

A graphic of a molecular structure with blue and white spheres connected by lines, positioned in the top right corner of the title bar.

Proteins

Carbohydrates

Fats

**Macro
nutrients**

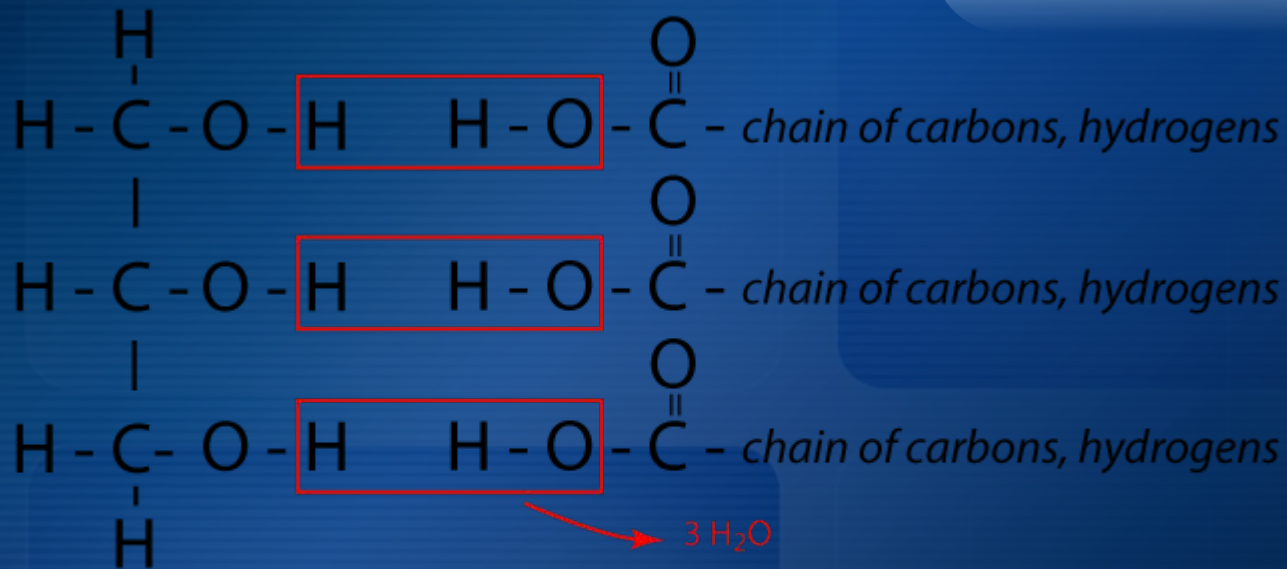
A diagram where three colored boxes (green for Proteins, purple for Carbohydrates, and orange for Fats) are stacked vertically on the left. A large blue arrow points from these boxes towards the text 'Macro nutrients' on the right.

What is fat?



It's a combination of glycerin and fatty acids

1 g of fat = 9 kcal



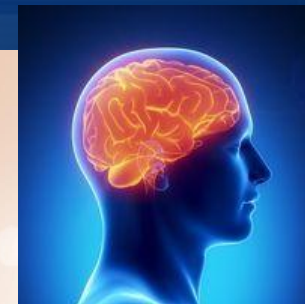
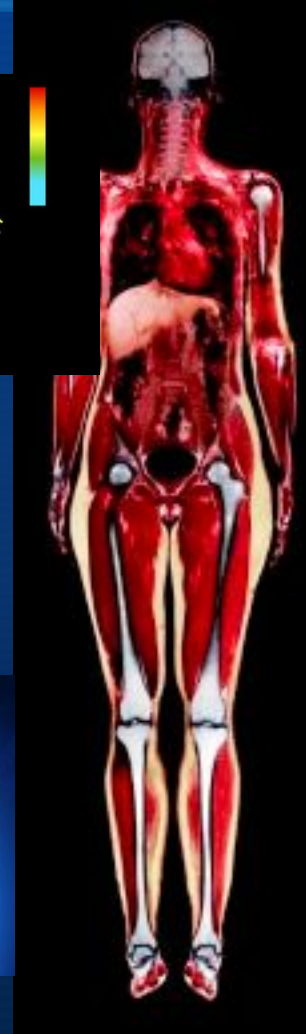
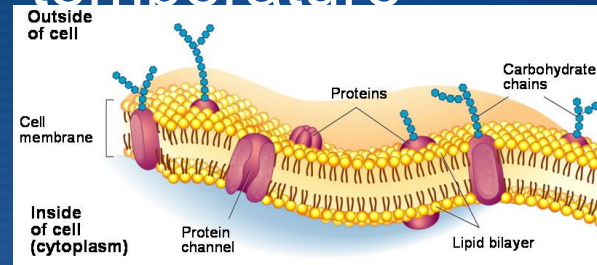
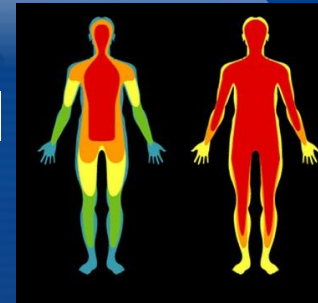
glycerol

3 fatty acids

3 H₂O

What does fat do for us?

- Provide energy
- Carry fat-soluble nutrients (essential fat acids and vitamins A, E, D, K)
- Maintain proper body temperature
- Protect our body
- Provide materials for cell membranes
- Help to build the brain
- Act as raw materials for hormones, bile, healthy hair and skin

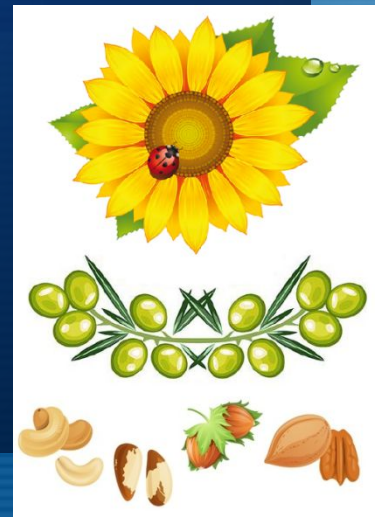
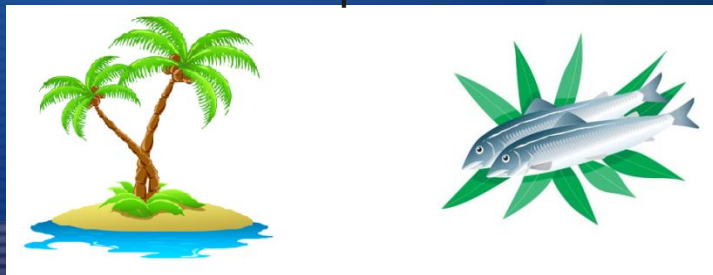


Classification

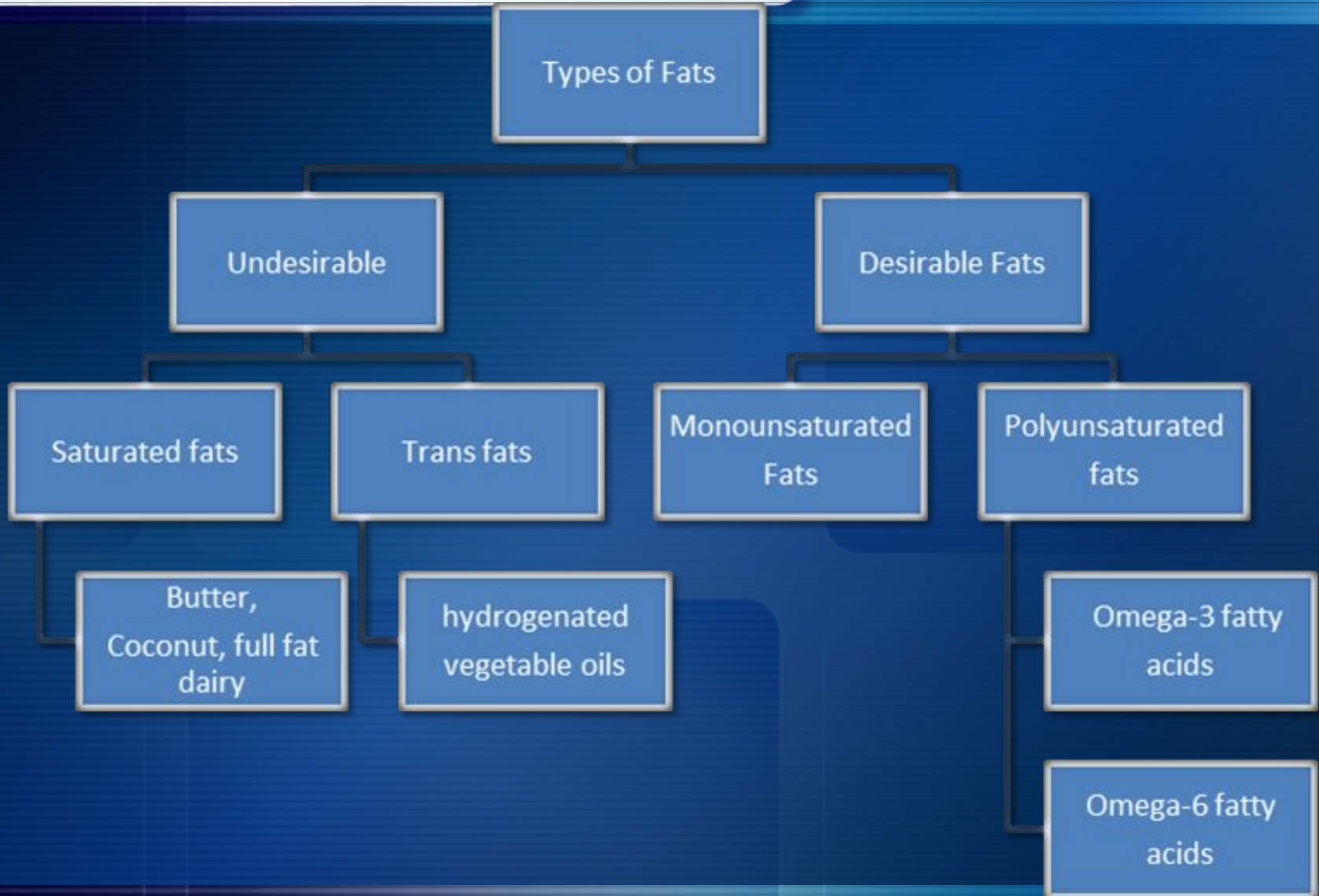


- Fat acids
 - Saturated
 - Unsaturated

- solid
 - Animal fats
- liquid
 - Plant oils



Types of Fats



Trans fats

- **Trans fats**, also known as partially hydrogenated oils), are unsaturated fats that are uncommon in nature but became commonly produced industrially from vegetable fats for use in margarine, snack food, packaged baked goods and frying fast food starting in the 1950s.

- **Cheaper**
- **Stored for a long period**



Trans fats



On 16 June 2015, the FDA finalized its determination that trans fats are not generally recognized as safe, and set a three-year time limit for their removal from all processed foods.



Total Fat	13g
Saturated Fat	5g
Trans Fat	2g
Cholesterol	30mg
Sodium	660mg
Total Carbohydrate	31g
Dietary Fiber	0g
Sugars	5g
Protein	5g

«Street light» of fat usefulness



Better to exclude:
Transfats

Limit:
Saturated fats
Omega 6

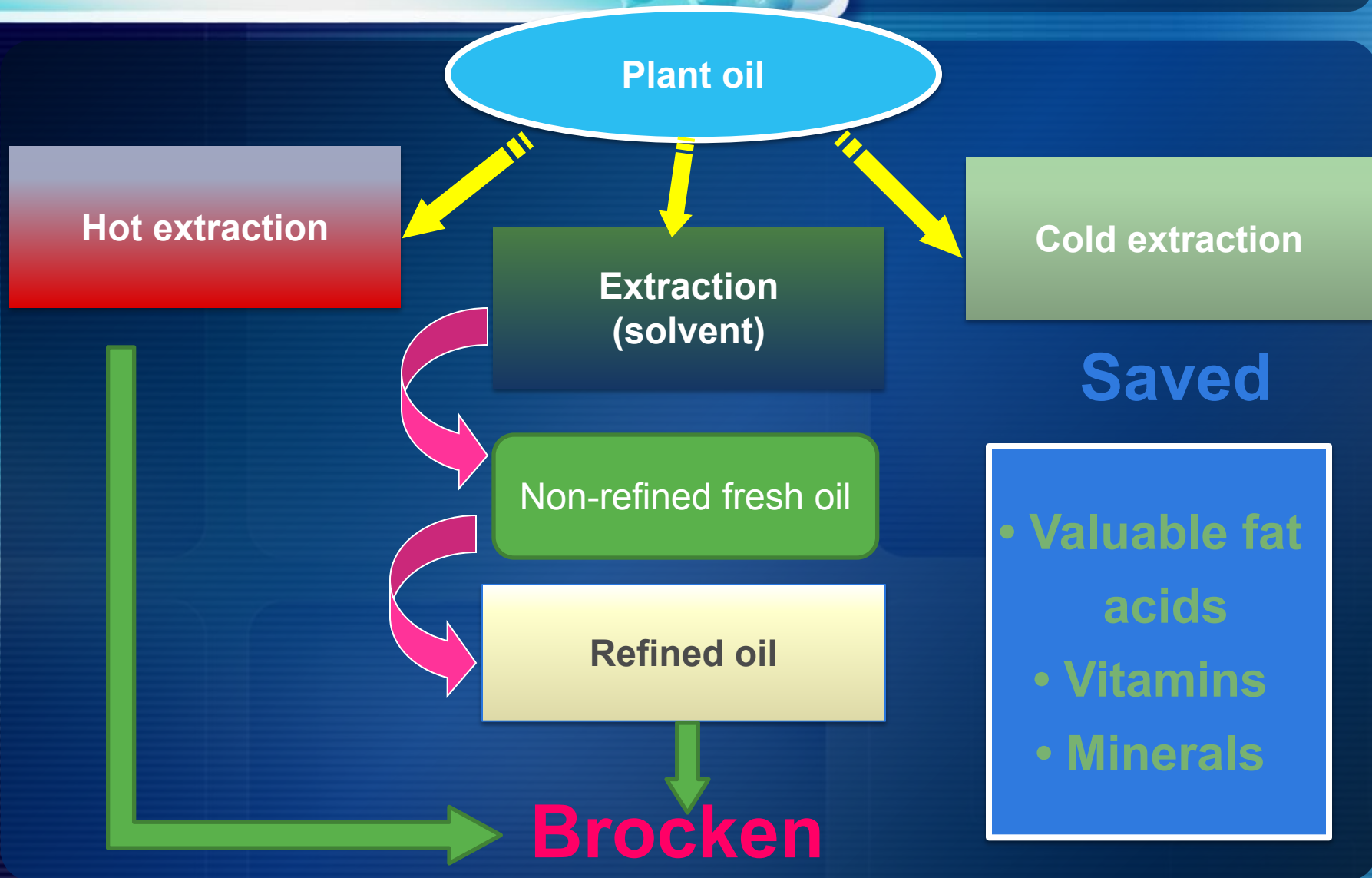
Increase:
Omega 3
Omega 9

Transfats

- Margarine
- Butter with plant additives
- Cookies, candies
- Refined oils
- Mayonnaise
- Dried crust
- Fried potato
- Well fried food

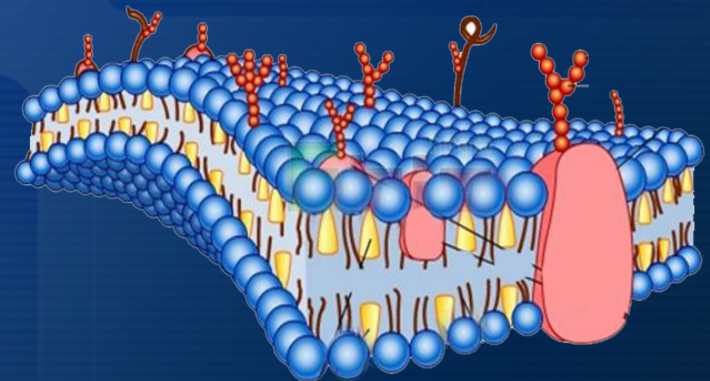
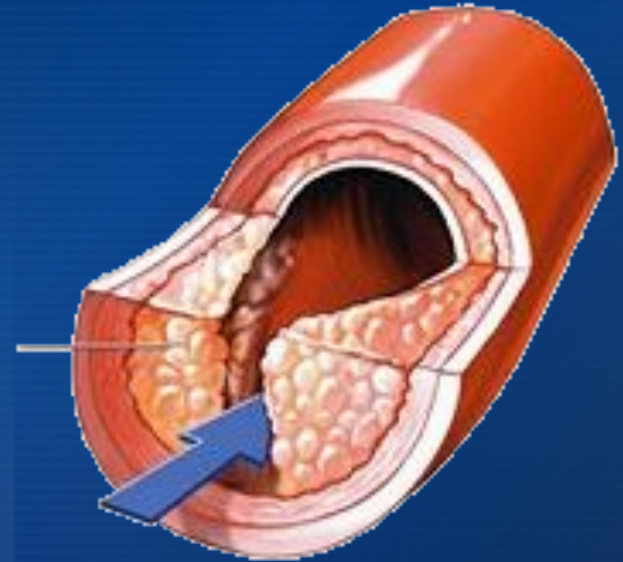


Oil Production



Transfats. Influence

- Are very sticky and stay on the walls of vessels
- Break the balance between good and bad cholesterol
- Disturb the absorption of nutrients into the cell



Saturated fats

- Are found in animal products (exception – palm oil)
- Transforms into energy
- Excesses plug the vessels and are accumulated into fat



Omega-6

- Essential fat acid (extra virgin oils) – building material
- Activate inflammations
- Excesses provoke tumors, autoimmune diseases



Omega-3

- Flax, hempseed, rape oil
- Seeds, grains
- Nuts
- Sea fish
- Fish oil in capsules



How can Omega 3 be produced?

- From fish carcass
(brown– «technical»)

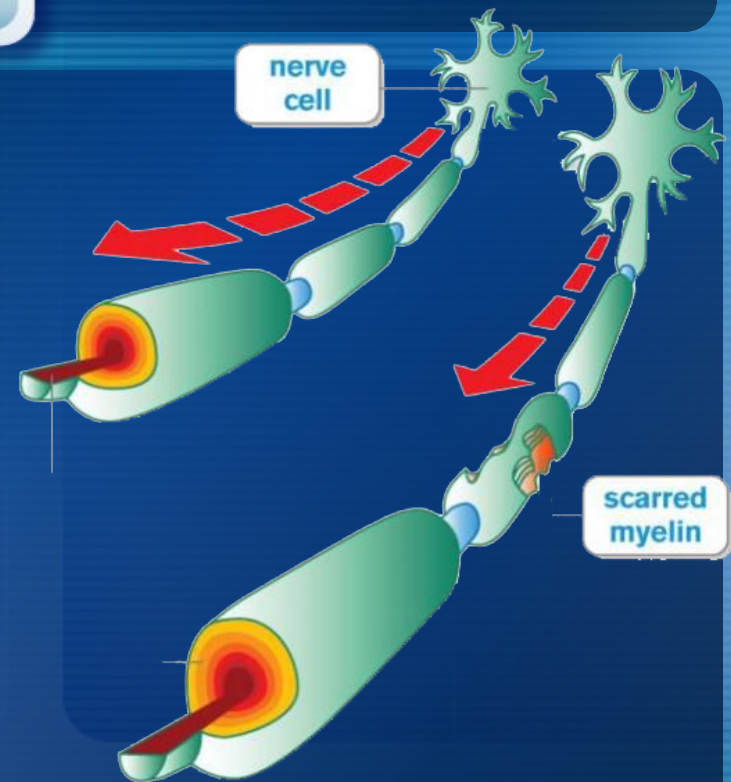
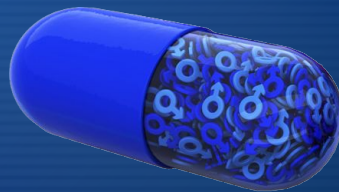
- ✓ From fish liver
(yellow – ballast
substances)

- From fish muscles
(extra class)



Omega-3. INFLUENCE

- Cell membranes (brains, nerves)
- Clean vessels from plaques (heart)
- Anti-inflammation effect (hormonal balance)
- Increase insulin sensitiveness



Omega-9. INFLUENCE

- Doesn't influence on hormonal balance
- Cleans vessels
- Doesn't oxidize while cooking food



Omega-3 vs Omega-6

NATURAL BALANCE

OMEGA-3 AND OMEGA-6 1:4

Misbalance in modern nutrition

Omega-3

Flax oil
Fat fish
walnut
Brasilian nut

↓ 1

Olive oil (neutral)

Omega-6

Corn oil
Sunflower
peanut

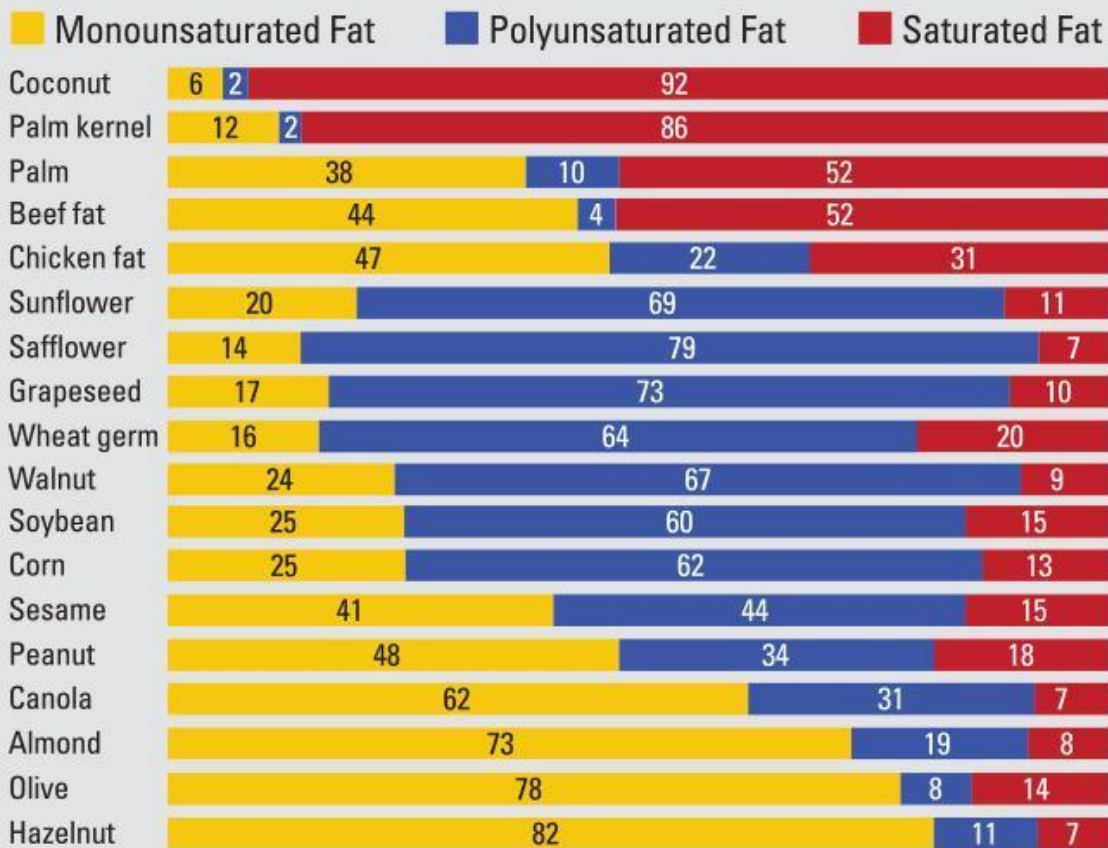
32

**Break of
Hormonal balance**

Oil comparison



Oil Comparison



Balance of Fats

Fat acid Omega 3 should be in balance:

- ✓ 50% plant (oils, nuts, grains)
- ✓ 50% animal (sea fish, fish oil)



Herbalifeline



Omega-3 acids help to decrease the risk of cardio-vascular diseases

THE COMPLEX OF POLIUNSATURATED FAT ACIDS

- ✓ Concentrate of fish oil «Extra class» - Omega-3 (contains 20 types of sea lipids)
- ✓ Contains valuable antioxidants- vitamin E and selenium
- ✓ Valuable plant oils

Strengthening of effect



- Vitamin E (tocopherol)
Antioxidant, prevent fats from oxidizing, protects vitamin A and amino-acids.

- Selenium
Antioxidant, supports immune system

- Peppermint oil

- Thyme oil

- Clove oil

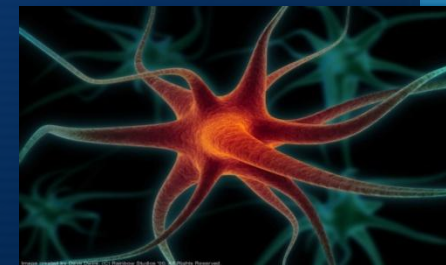
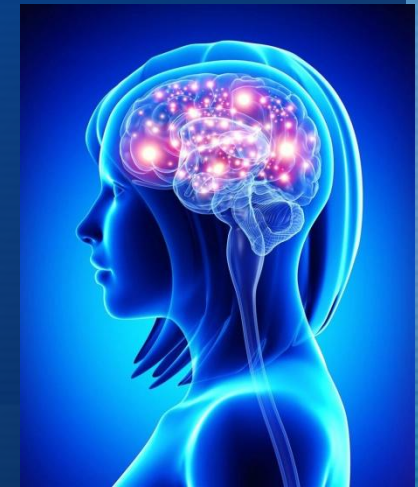
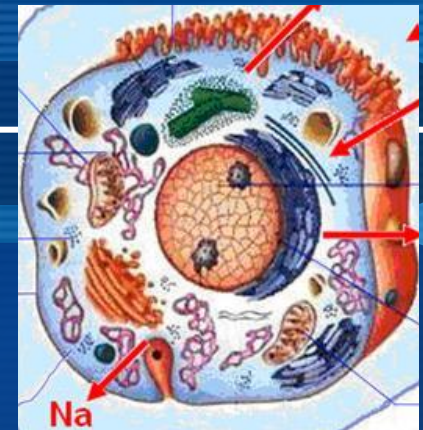
- Omega-3
Essential acid oil

- Vitamin E

- Selenium Se

Functions of Omega-3

- Builds and renews cell membranes
- Stimulates mental development in childhood
- Activates brain work
Human brain consist of fat tissues in 60%
- Dissolves plaques on the walls of vessels
- Reduces inflammations
- Prevents stresses



Day norm of Omega-3

- To normalize cholesterol and strengthen health generally: 1-1,5 g.
- To increase muscles: 3 g.
- To lose weight: 4 g.

1 capsule of Herbalifeline contains

- Polyunsaturated fat acids = 0,236 g;
- 29,09 g per 100 g
- 3 capsules \approx 1 g
- up to 12 capsules \approx 4 g



LOGO

Thank You !

Add your company slogan

www.themegallery.com

