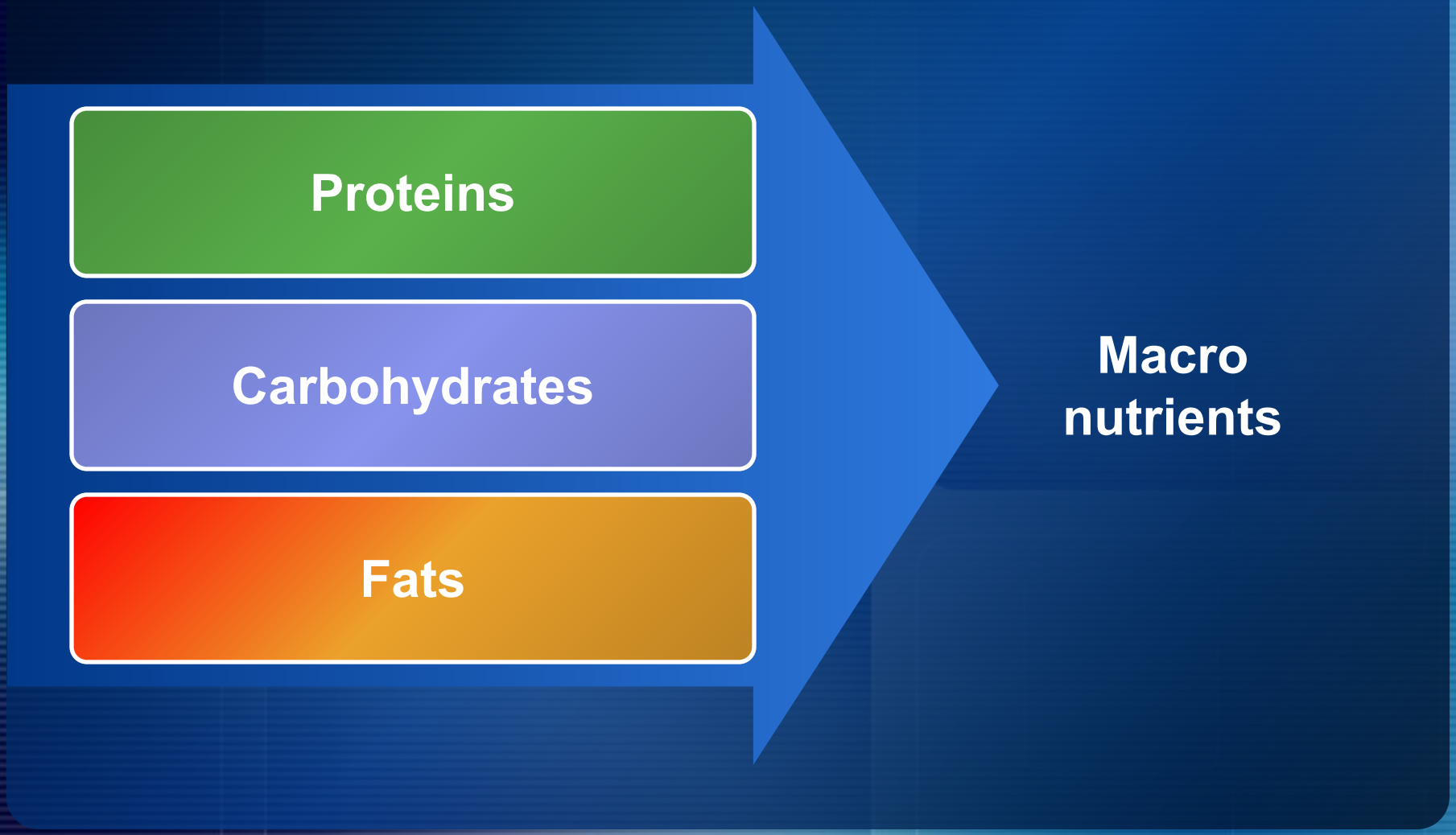
LOGO

Fats and Oils

#nutritionclub23

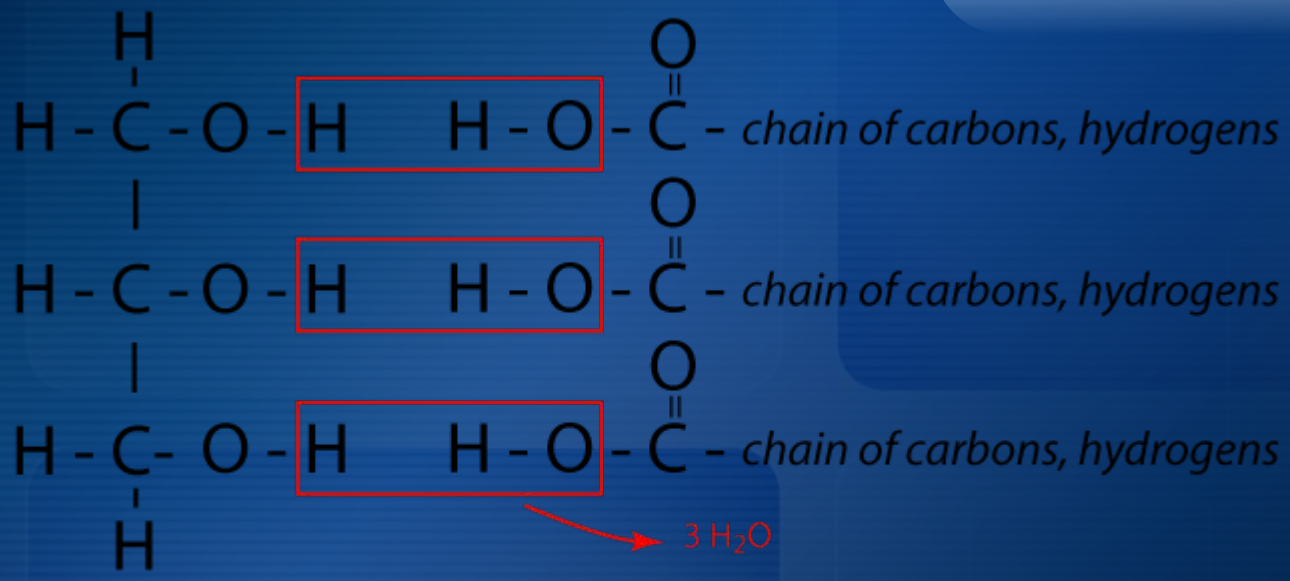
Macronutrients



What is fat?

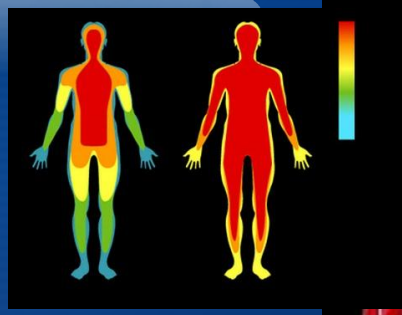
It's a combination of glycerin and fatty acids

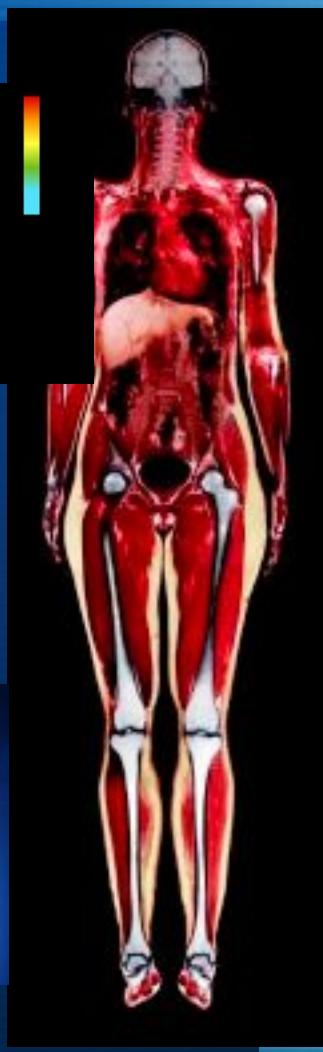
1 g of fat = 9 kcal

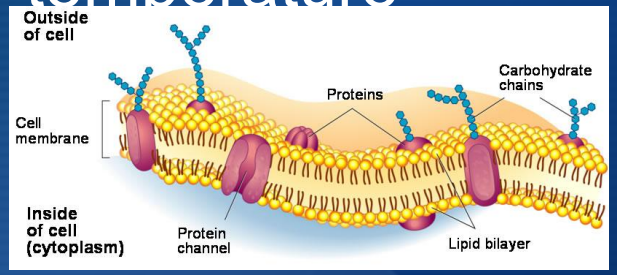


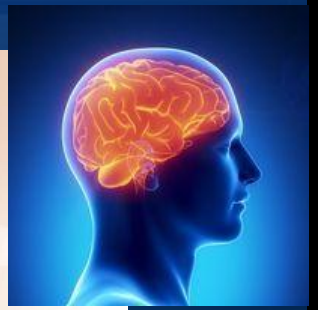
What does fat do for us?

- 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









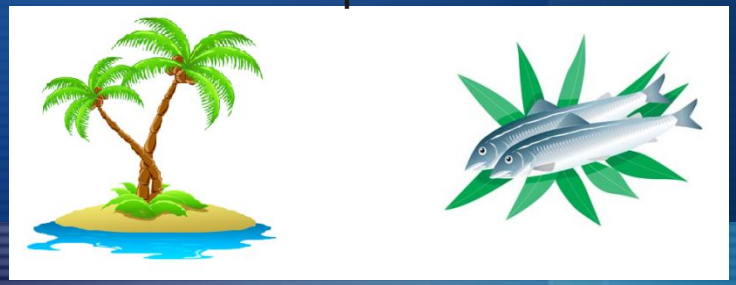
Classification

- Fat acids
  - Saturated
  - Unsaturated

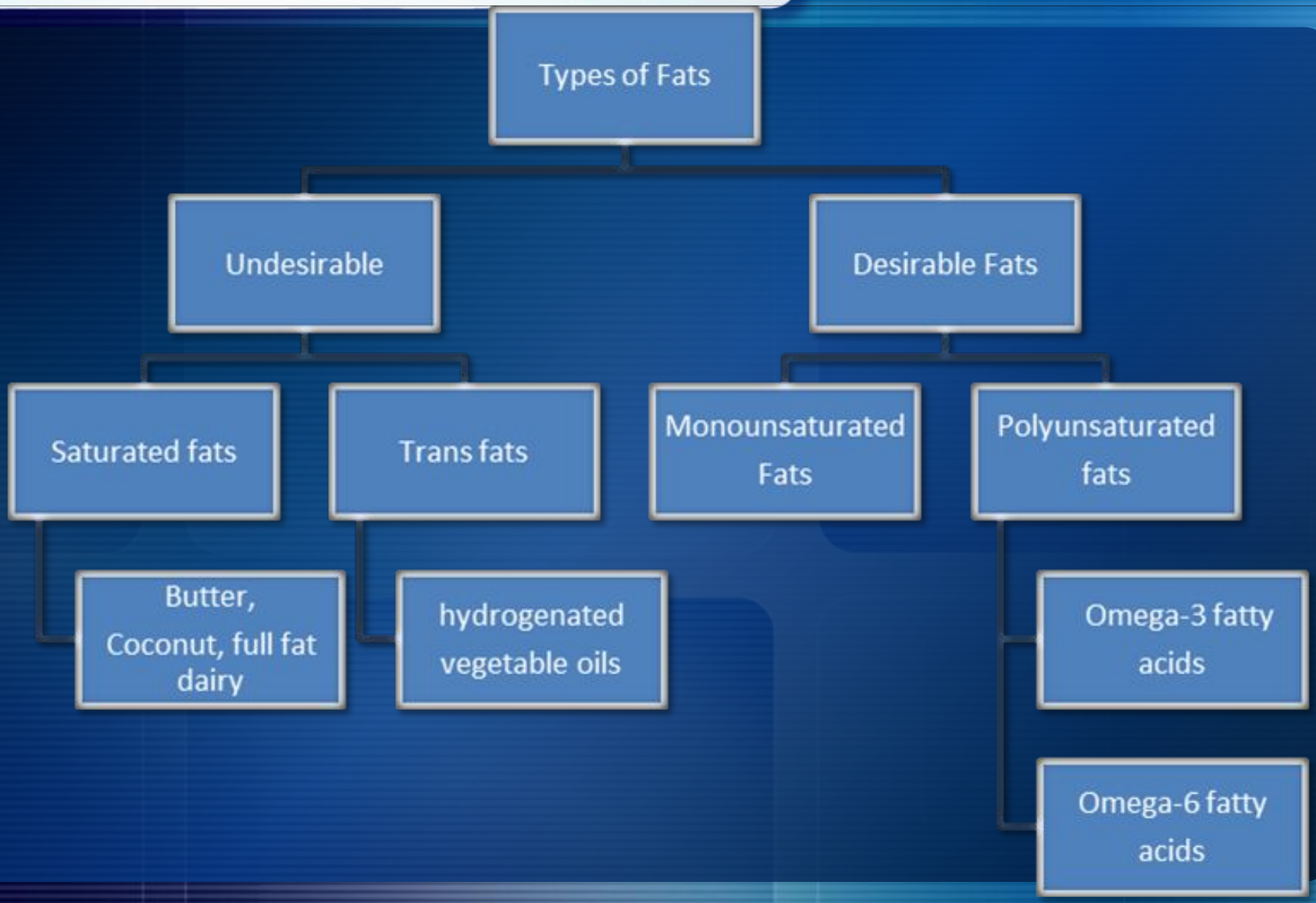
- solid
- Animal fats

- liquid
- Plant oils

exception!



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.

«Street light» of fat usefulness

Better to exclude:
Transfats

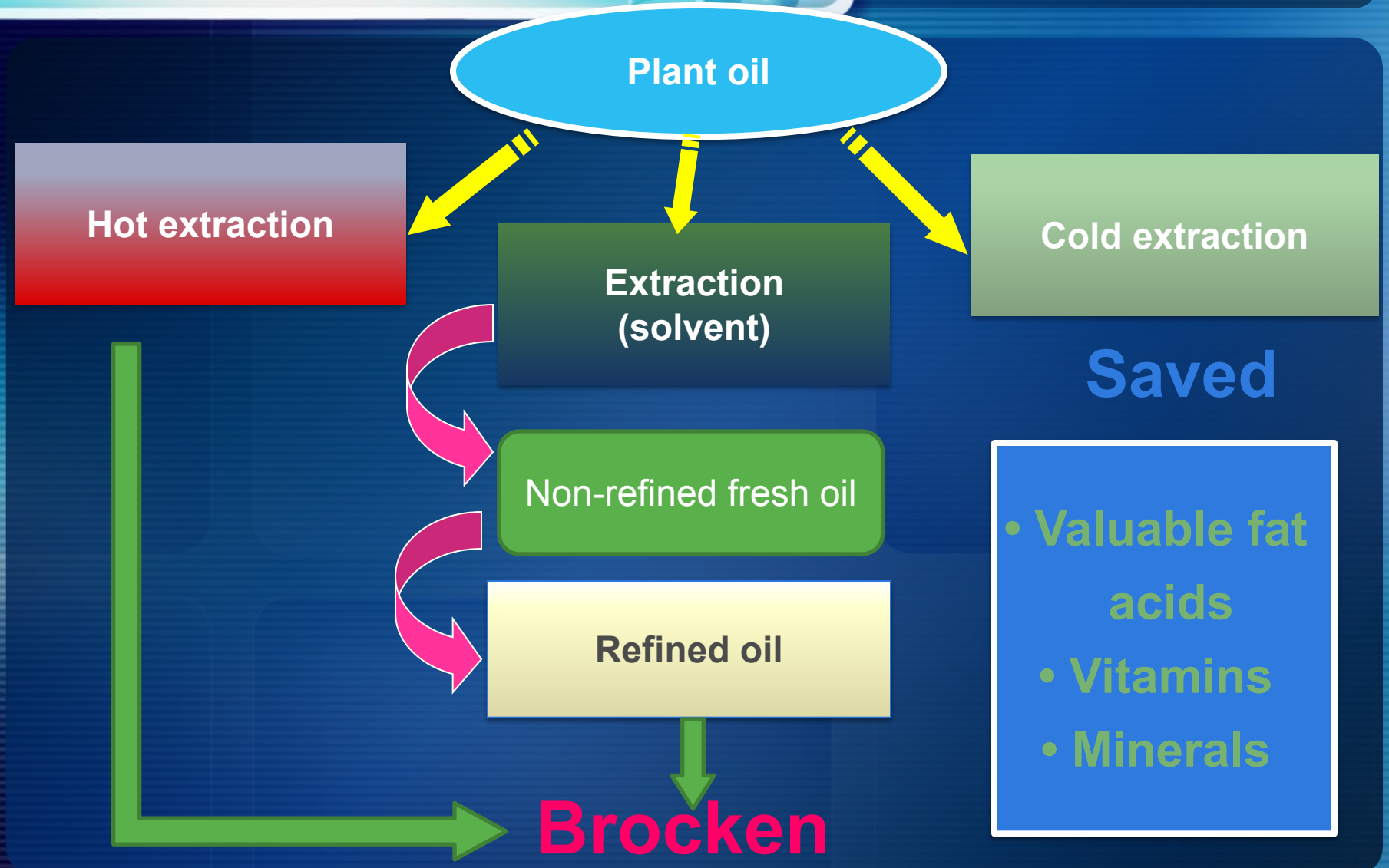
Limit:
Saturated fats
Omega 6

Increase:
Omega 3
Omega 9

Transfats

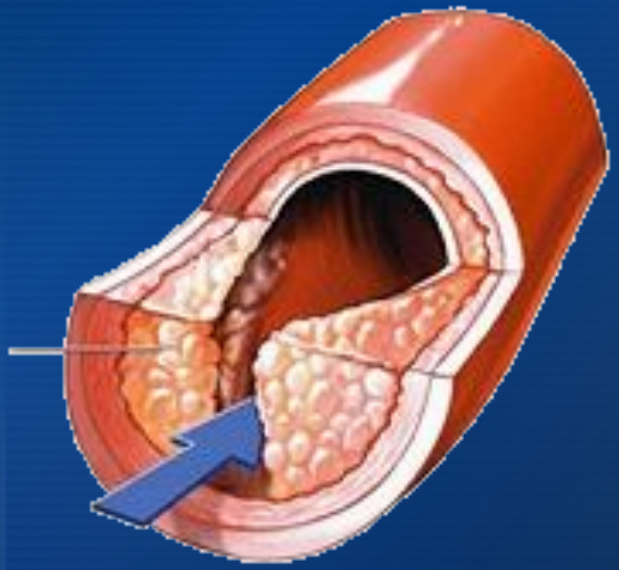
- Margarine
- Butter with plant additives
- Cookies, candies
- Refines oils
- Mayonnaise
- Dried crust
- Fried potato
- Well fried food

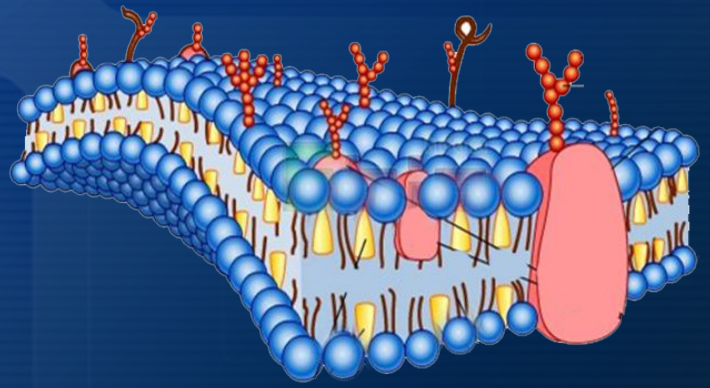
Oil Production



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?

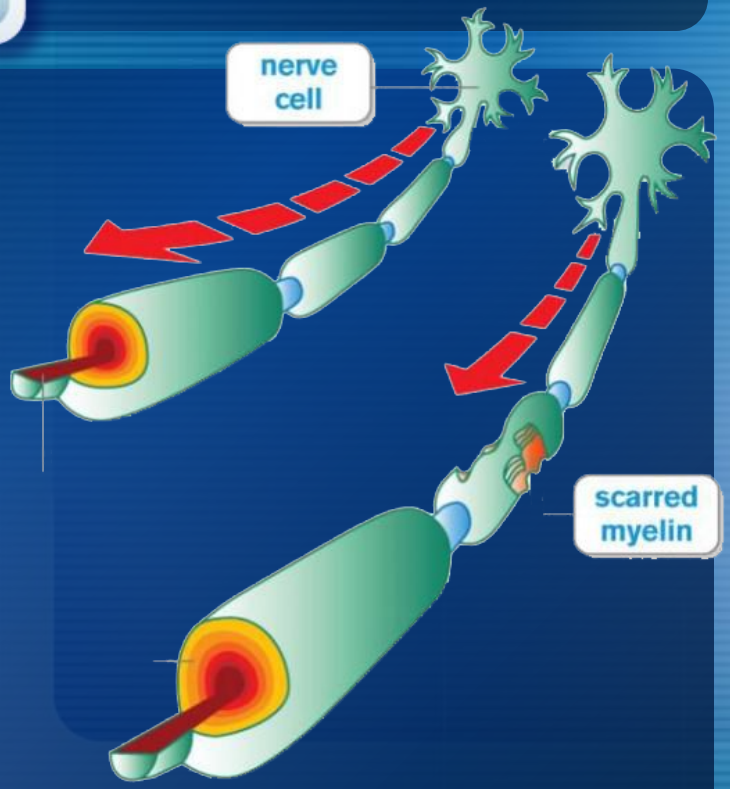
- From fish carcass (brown– «technical»)

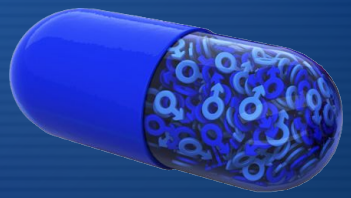
✔ From fish liver (yellow – ballast substances)

- From fish muscles (extra class)

Omega-3. INFLUENCE

- Cell membranes (brains, nerves)
- Clean vessels from plagues (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

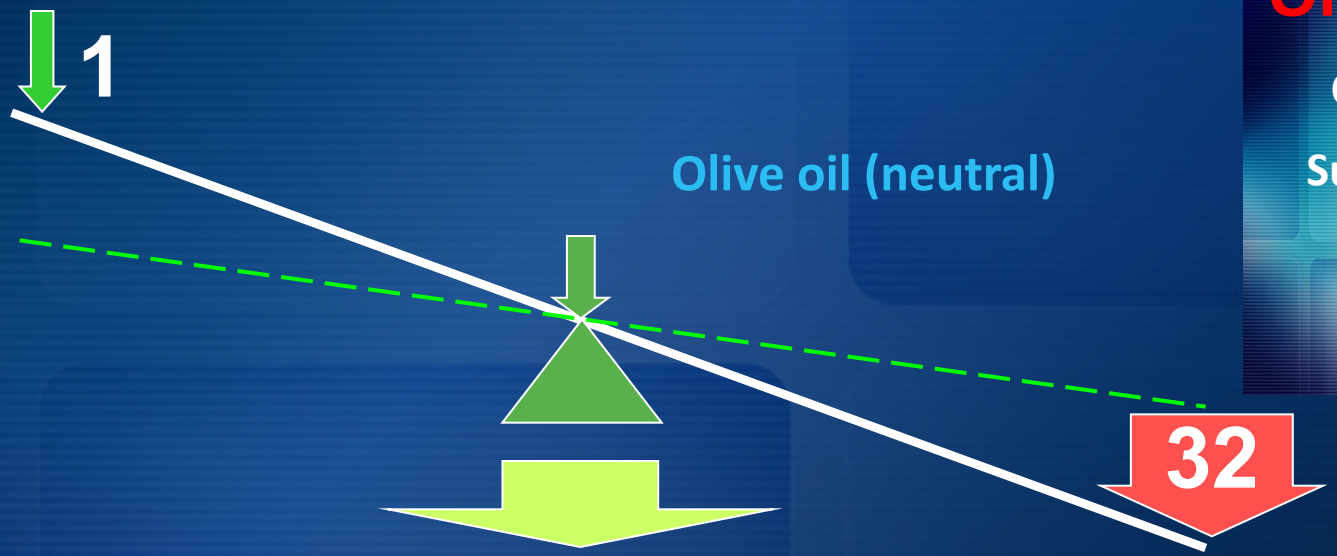
Omega-3

Flax oil

Fat fish

walnut

Brasilian nut



Omega-6

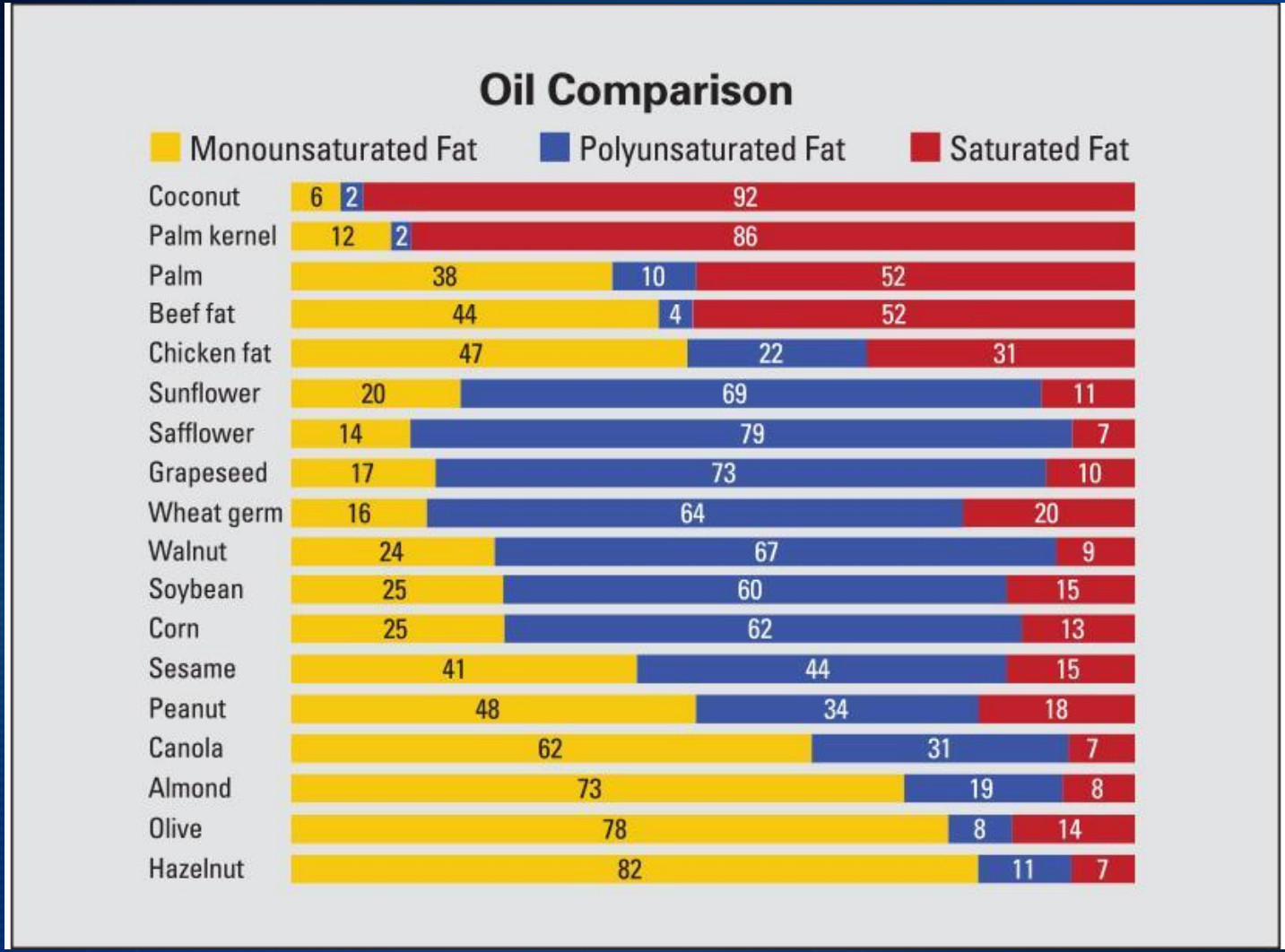
Corn oil

Sunflower

peanut

Break of
Hormonal balance

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

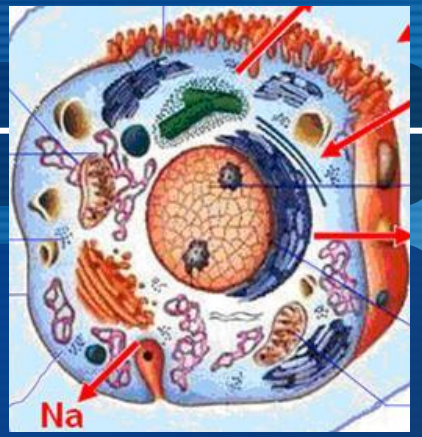
•Omega-3
•Essential acid oil

•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

- Poliunsaturated fat acids = 0,236 g;
- 29,09 g per 100 g

- 3 capsules ≈ 1 g
- up to 12 capsules ≈ 4 g

LOGO

Thank You !

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