



## Recommendations for Improving Your 'Heart Healthy' Intake of Essential Fat

### INCLUDE:

- ♥ Cold - pressed, unrefined vegetable oils such as sesame, sunflower, safflower for salad dressing. Supplement with flaxseed oil. **Store them in the fridge.**
- ♥ Extra - virgin olive oil for cooking.
- ♥ The use of freshly - ground flax seeds can improve digestion, prevent and reverse constipation, stabilize blood sugar levels and bring about many other beneficial effects.
- ♥ Butter in moderation for spreading or cooking (organic preferably).
- ♥ Nut butters - made without sugar or palm oil.
- ♥ Nuts (almonds, pecans, brazils, etc.) and seeds (sesame, sunflower, pumpkin, etc.)
- ♥ Tahini (creamed sesame seeds) for sauces and dressings.
- ♥ Oily fish such as mackerel, sardines, etc.
- ♥ Have 'heart healthy' fat at every meal if possible. You may also add them to your snacks. Keep the amounts to about 1 tablespoon at a time, three times a day

### AVOID:

- ◆ Commercially produced vegetable oils whose labels do not state that they have been cold - pressed or are extra virgin.
- ◆ Heating oils to high temperatures.
- ◆ Storing oils in the light, i.e. in glass bottles on a window sill.
- ◆ Roasting nuts as it destroy the oils
- ◆ Palm oil as it is a saturated fat.
- ◆ Hydrogenated margarines, i.e. those made with polyunsaturated vegetable oils, which have been hydrogenated.

