

FACTS ABOUT FATS

**Sugar, not fat, makes you fat**

The average American eats 152 pounds of sugar every year. Because you can’t burn all the sugar you eat, your body stores it as fat, creating [insulin resistance](http://drhyman.com/blog/2010/05/20/5-steps-to-reversing-type-2-diabetes-and-insulin-resistance/) and overall metabolic challenges. The sugar you consume converts to abnormal blood cholesterol and belly fat.

The biggest culprit of all is [high-fructose corn syrup (HFCS)](http://drhyman.com/blog/2011/05/13/5-reasons-high-fructose-corn-syrup-will-kill-you/) found in soda, juices, and in most processed foods. That’s what causes cholesterol issues in most people, not saturated or total fat. When you ingest fructose in high amounts without the associated [fiber](http://drhyman.com/blog/2010/06/28/the-super-fiber-that-controls-your-appetite-and-blood-sugar-2/) found in whole fruit, it turns on the cholesterol-producing factory in your liver which increases your triglycerides, and lowers the HDL (or good) cholesterol. So does sugar in any form, including flour and [refined carbs](http://drhyman.com/blog/2014/02/07/eggs-dont-cause-heart-attacks-sugar/).

**Dietary fat is more complex than sugar**

There are many names for sugar, but despite very minor variations, they all create the same damage. Fat is more complex. We have saturated, monounsaturated, polyunsaturated, and even trans fats. Some fats are good; others neutral; and a few are bad.

**Low-fat diets tend to be heart-unhealthy, high-sugar diet**

When people eat less fat, they tend to eat more starch or sugar instead, and this actually increases their levels of the small, dense cholesterol that causes heart attacks. Studies show 75 percent of people who end up in the emergency room with a heart attack have normal overall cholesterol levels.

**Saturated fat is not your enemy**

 A review of all the research on saturated fat published in the [*American Journal of Clinical Nutrition*](http://ajcn.nutrition.org/content/91/3/535.abstract) found no correlation between saturated fat and heart disease. As with all fats, quality becomes key here. Trans fat will have an entirely different effect than saturated fat in coconut oil.

**Some fats *are*** **unhealthy**

They include [trans fat](http://drhyman.com/blog/2013/12/05/never-eat-frankenfats/%22%20%5Ct%20%22_blank) and inflammatory [vegetable oils](http://drhyman.com/blog/2012/03/01/time-for-an-oil-change/). As these fats increase in our diet they make us fatter and contribute to [inflammation](http://drhyman.com/blog/2012/01/27/inflammation-how-to-cool-the-fire-inside-you-thats-making-you-fat-and-diseased/), which plays a role in nearly every chronic disease.

**Everyone benefits from more**[**omega 3s**](http://drhyman.com/blog/2011/09/09/dr-hymans-omega-3-levels/)

Most Americans are deficient in these critical fats. Ideal ways to get them include eating wild or sustainably raised cold-water fish (at least two servings weekly), buying omega-3 rich eggs, and taking an omega-3 supplement twice a day with breakfast and dinner that contains 500 – 1,000 milligrams of omega-3 fats.

**Eating fat can make you lean**

Healthy cell walls made from high-quality fats are better able to metabolize insulin, which keeps blood sugar more regulated. Without proper blood sugar control, the body stores fat. The right fats also increase fat burning, cut your hunger, and reduce fat storage.  Eating the right fats makes you lose weight, while eating excess sugar and the wrong types of fat make you fat.

**Your brain is about 60 percent fat**

Most of our brain fat comes from the omega-3 fat called DHA. Our brains need DHA to aid communication between cells, boost cognition, happiness, learning, and memory. In contrast, [studies link a deficiency of omega-3 fatty acids](http://www.ncbi.nlm.nih.gov/pubmed/17194275) to depression, anxiety, bipolar disorder, and schizophrenia.

**Your body gives you signs whether or not you are getting enough quality fat**

The higher-quality the fat, the better your body will function. That’s because the body uses the fat you eat to build cell walls. Your body sends signals when it’s not getting enough good fats.

WARNING SIGNS INCLUDE-

Dry, itchy, scaling, or flaking skin

Soft, cracked, or brittle nails

Hard earwax

Tiny bumps on the backs of your arms or torso

Achy, stiff joints

SOURCES OF GOOD FAT-

Avocados

Nuts—walnuts, almonds, pecans, macadamia nuts

Seeds—pumpkin, sesame, chia, hemp

Fatty fish, including sardines, mackerel, herring, and wild salmon that are rich in omega-3 fats

Extra virgin olive, coconut, grapeseed and avocado oil

Grass-fed or sustainably raised animal products