



# Your Personalized Guide to Healthy Fats



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# Why is Fat Important?

Dietary fat plays a role in many of our body's processes, but most importantly, it can play a role in nutrient intake, hormone regulation, metabolic function and is an integral part of the structure that holds our cells together. It's no wonder why the quantity and quality of fats are important to our overall health. To understand why fat is important, we have to understand the types of fats that exist.

## Saturated Fat

This dietary fat is found mostly in hard butter, lard, and hard fats. Saturated fats are fats that contain no double bonds (this is what makes them less reactive to heat) and why saturated fats are structurally more stable.

## Unsaturated Fat

This dietary fat is found in olive oil, nuts, avocados, and liquid oils. Unsaturated fats have double bonds which makes them more reactive to heat and liquid at room temperature. It is also the reason why unsaturated fats have lower smoking points. Monounsaturated fat (which contain one double bond) and polyunsaturated fat (which contain 2 to 6 double bonds) both fall into this category.

## What are the benefits of Fat?

- Enhances nutrient absorption and bioavailability of vitamins and minerals, particularly Vitamins A, D, E, K, and carotenoids. Vitamins and minerals are absorbed more efficiently when paired with healthy oils/fats
- Serves as the structural foundation of cell membranes and sheathes surrounding nerves
- Fats can be a major source of energy
- Fats, namely cholesterol, are the building blocks of sex hormones
- Omega 3 and 6 intake reduces inflammation in the body
- Supports cardiovascular health
- Enhances cognitive function

# Let's talk about fats

## Dietary fat isn't so simple



The type and quantity of fats you consume along with your general health all influence how your body metabolizes fat. Both saturated and unsaturated fats offer their own health benefits, but unsaturated fats (monounsaturated and polyunsaturated) should make up much of your fat intake.

## Trans fats



Trans fats are by-products of processing oils. This by-product is a fat that serves no purpose in the body and offers no health benefits. Trans fats are linked to inflammation and an increase in cardiovascular risk.

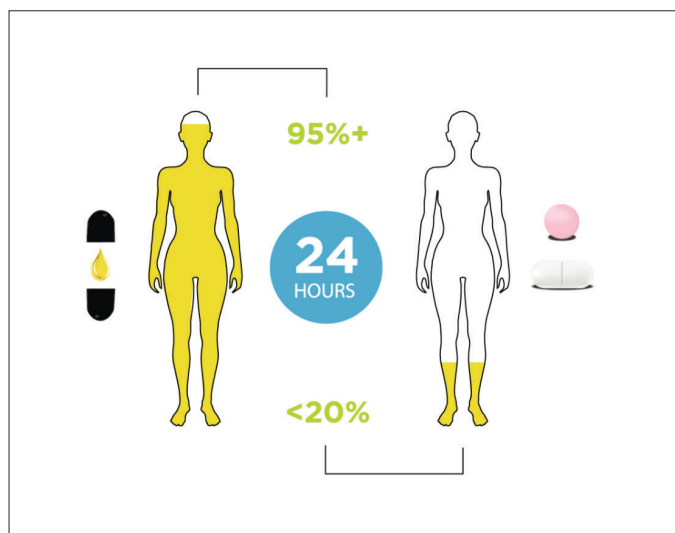
## Not all fats are bad



While some may be quick to label saturated fat as a poor fat source, it is worth noting that saturated fats give cells their foundational structure. In addition, they offer a high heat cooking oil option because of its high smoking point.

# The ways oils are processed

<b>Cold Pressed</b>	Cold pressed oils are processed without the use of heat. This means they are expressed without the aid of machinery that produces heat. Heat can damage the nutrient profile of oils. Minimizing this heat interaction maintains the stability of the oil.
<b>Refined</b>	Refined oils are processed using either heat or chemicals to alter the structure. This is usually done to remove smells, flaws and change the consistency to alter their structure of the oil to match the needs of the consumer. Coconut oil that is made liquid at room temperature and light versions of oils are good examples of refined oils.
<b>Non-refined</b>	Non-refined oils are kept in their purest form and are produced without the help of chemicals or heat.
<b>Virgin</b>	Like non-refined oils, except Virgin oil sources are usually extracted from the second pressing of these sources.
<b>Extra Virgin</b>	Like Virgin oils, except Extra Virgin oils are extracted from the first press of the source ingredient (ex. olive oil).



## Oil and Nutrient Absorption

The oil in your favourite salad dressing does more than add flavour. It also helps your body absorb nutrients from vegetables because oils are easily absorbed by the cell membranes in your body. In fact, a 2004 study by Brown et al found that greater absorption of carotenoids, your body's main source of vitamin A, occurred when salads were consumed with full-fat salad dressings compared to eating a salad with no dressing.

In another example, a study by Cui et al (2009) showed that when a particle of curcumin is suspended in oil, the body absorbs more than 95% in 24 hours without oils (in powder or tablet form), the body absorbs less than 20%.



# Best oils to cook with

If you are hesitant to bring oils to their smoking point, then consider a technique that uses water in place of cooking oil and adding your oil at the end of cooking. This minimizes the amount of damage to the oil that takes place and keeps most of the beneficial properties of your oils intact. For many, this can be tough to implement as oil serves as a great non-stick resource. This technique can still be helpful especially for dishes that are higher in fat to begin with.



Cooking Oil	Smoking Point	Best Use	Taste Profile
Avocado Oil	520°F	High Heat, Dressing and Finishing	Neutral
Butter	300 - 305°F	High Heat and Finishing	Neutral
Ghee	450 - 485°F	High Heat and Low Heat Cooking	Nutty Flavour
Coconut Oil	350 - 450°F	High Heat	Neutral flavour if using refined oils Virgin Coconut Oil will have a slight coconut aftertaste
Olive Oil	325 - 405°F	High Heat, Finishing and Dressing	Refined versions are more neutral, EVOO has a spicier taste and can lose its taste profile after cooking
Grapeseed Oil	390 - 420°F	High Heat	Neutral
Sesame Oil	350- 410°F	Dressing and finishing	Strong sesame taste, better used as a finisher

\*Ranges are dependent on factors like frying time and refined vs non refined versions of these oils.

# Salad dressing recipes

Here are some salad dressings to enhance nutrient absorption and taste!



## Greek Salad Dressing

- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp Dijon mustard
- 1/4 Apple Cider Vinegar
- 1/2 tsp sea salt
- Pinch of Garlic Powder
- 1/2 tsp freshly ground black pepper
- 1/2 cup extra virgin olive oil  
(green and spicy recommended)

## Sweet Mustard Dressing

- 2 tbsp Dijon Mustard
- 1 tsp Apple Cider Vinegar or Rice Wine Vinegar
- 1 cup Olive Oil
- 1 tbsp Soy Sauce
- Fresh Cracked Pepper

## Citrus Sesame Dressing

- 1/3 cup Fresh-squeezed grapefruit juice  
(about 1/2 a large grapefruit)
- 1/2 tbsp Grapefruit or Orange zest
- 1/4 cup Apple Cider Vinegar,  
Rice vinegar or Lemon
- 1/4 cup Soy Sauce
- 1/4 cup Honey or Maple Syrup
- 1/3 cup Olive oil
- 1 tsp Sesame Oil
- 2 tsp chili flakes



Absorb more with healthy oils



# Omega Absorb

We all want to feel our best every day. At Platinum Naturals, we strive to make a positive difference in people's lives by helping them achieve their goals. But feeling our best isn't always simple. It can depend on many factors—diet, exercise, sleep, relationships, supplementation and much more. Through the power of healthy oils, our award-winning delivery system allows our bodies to absorb the nutrients it needs to improve our health and achieve our wellness goals.

