

# Fats and Oils

## Greasy goodness

Oils & fats are the best carriers of spice and flavour, make for good texture, and give you that satisfying full feeling. Plus, they are vital for cell renewal, hormones, brain function, protecting organs, vitamins A, D, E & K, making your skin look nice and giving you energy. Around 30% of our calories should come from fat, with roughly equal amounts of saturated, monounsaturated & polyunsaturated fats.

## Fry it up

The best way to eat fats is raw, in their original form, e.g., as nuts, seeds, olives or grains. Alternatively, pour cold-pressed oils over food at the table. But we all have to fry sometimes – try low heat sautéing with mostly monounsaturated fats, such as our olive, safflower or rapeseed oils, or possibly sesame or peanut (groundnut) oil. The very occasional high-heat fry is best with coconut oil. The same rules apply for baking.

## Omega-what?

As a general rule, the most 'healthy' fats are the most fragile; keep omega-3 rich oils in the fridge and never cook with them. And mind your proportions, we should eat around twice as much omega-6 compared to omega-3, rather than x20 as is common today. Too much omega-6 stops us processing the omega-3 fatty acids. So try this:

- Use omega-3 rich oils in salads, dips, or pour on after cooking.
- Grind linseeds to make digestible & add to cereal, smoothies, etc.
- Lightly roast sunflower/pumpkin seeds in an oven below 160°C.

## The tricky bit

It's a double-edged sword. Sure, if you overheat nutrient-rich cold-pressed, unrefined oils (i.e., what we sell) they may taste bad, lose nutrition & even create toxins like trans-fats. But bog standard refined veg oil has already gone through this (usually with help from some chemicals). So cook on lower heats with good oils, and you'll be fine.

## Types of fats

Keep in mind, every oil, nut & seed contains a mixture of fats. Also, they all taste different, let that guide you, too! Our oils are underlined.

### The good guys

Natural, undamaged fats in moderate amounts.

#### Polyunsaturated omega-3 fats

- Liquid. Not stable under heat. Ideally kept in fridge.
- Found in linseed, dark green leafy veg, pumpkin & hemp seed.
- These are the famous 'oily fish' fats – fish get them from algae!

#### Polyunsaturated omega-6 fats

- Liquid. Stable only at low heat (<100°C). Store in cool dark place.
- Found in sunflower, sesame, pumpkin & hemp seed and walnuts.
- Note: The 'omegas' are also called 'essential fatty acids' because we cannot make them ourselves, so we eat them in our food.

#### Monounsaturated fats (including omega-9 fats)

- Liquid. Relatively stable under low and medium heats.
- Found in olive, rapeseed, safflower, groundnut & sesame oils, plus almonds, avocados, cashews, hazels & macadamias.

#### Saturated fats

- Solid at room temperature, relatively stable under higher heats.
- Found in coconut oil, cocoa butter, palm oil & peanuts.

### The bad guys

#### Hydrogenated (partially or otherwise) & trans fats

- Artificially created by harsh processing or over-heating.
- Stable & keep foods looking shiny forever – but a cause of health problems when they take the place of 'good fats' in the body.
- Found in many processed foods – but not at Unicorn!