



How to lose weight without going hungry: Focus on Fats & Oils

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Just to be clear!

- I am not a physician, I am a clinical psychologist by training.
- This is education and social support, not medical advice.
- Be sure to consult with your doctor before making major dietary changes, especially if you are on medications for diabetes.

What we've been told

- To lose weight, dietary fat is to be kept as low as possible
- Increased fat and cholesterol levels lead to heart disease
- Weight loss only results from reducing calories, increasing exercise, or both
- Therefore, the only way to lose weight is to follow a low-fat diet and increase exercise



What people experience

- Reduced fat in foods is usually replaced by increased carbohydrates
- Cutting caloric intake and/or increasing exercise results in increased hunger
- Counting calories is difficult
- Meals are rarely satisfying; one always feels hungry
- Though weight loss is possible, in time, it is all gained back



18 grams added sugar / 22 total carbs

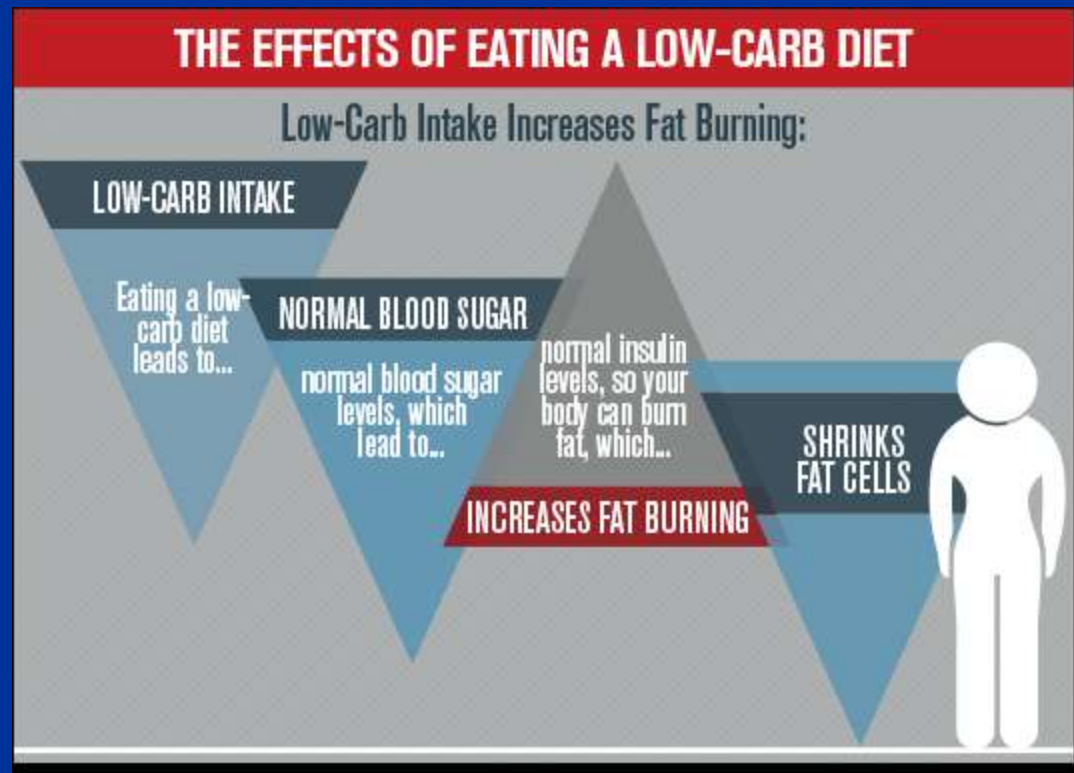
What we've recently learned

- Fats and cholesterol are not all bad
- People feel full longer when the foods they eat contain some fat
- Carbohydrates convert to body fat easily
- Cutting carbs forces your body to burn fat
- Fats & proteins do not convert to body fat easily
- It's easier to stay on a low-carb diet long-term because hunger is not a problem



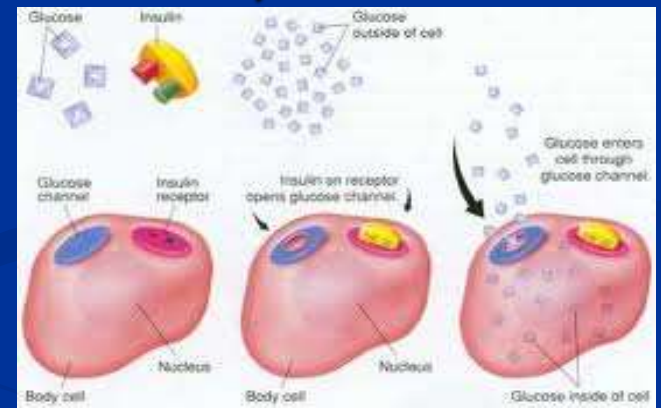
Why does eating fat help?

- Fat does not stimulate insulin like carbs
- Your body will first use carbs and then turn to burning fats; if there are few carbs, then you will burn fats, including stored fats.

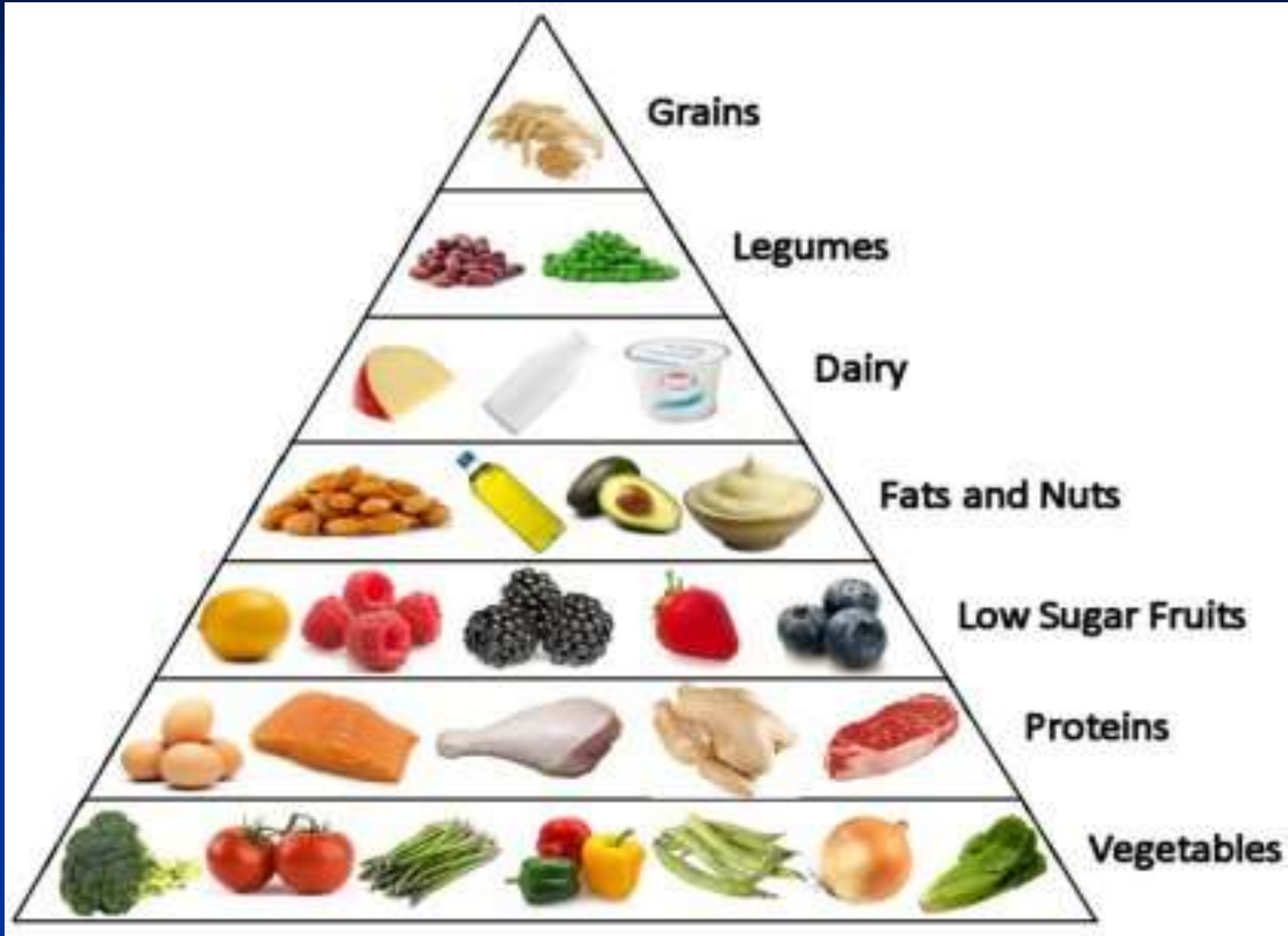


Excess carbs lead to weight gain

- Whatever glucose from digested carbs that is not immediately used for warmth, by our muscles for movement or our brain, it is directed by insulin to be stored as fat.
- Stored fat is only “burned” when too little glucose is available
- To burn fat, one has to reduce available glucose, primarily by reducing carb levels

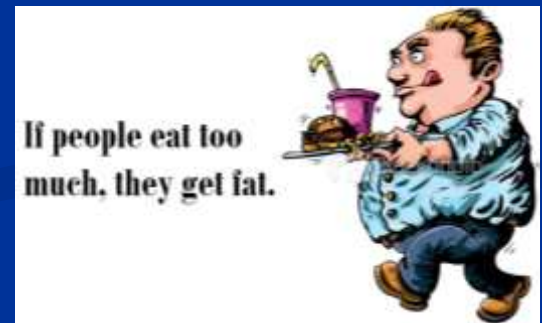


Which low carb diets work?



So what about fats and oils?

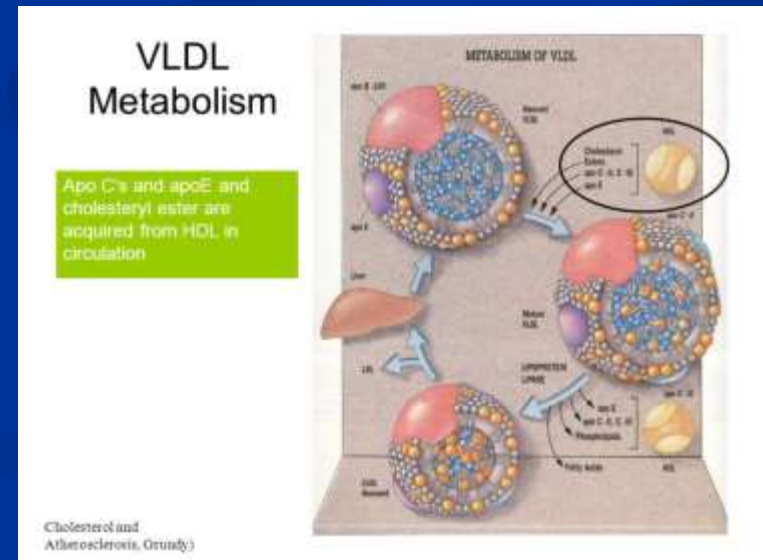
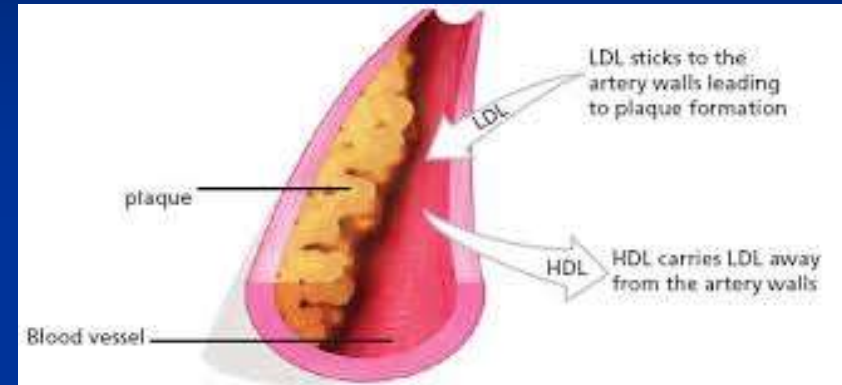
- We have to distinguish between fats in our bodies and fats in our diets, because the two are only indirectly related.
- The usual assumption is that when we eat fats our bodies become fat.
- Actually, most body fat comes from eating carbohydrates that our bodies store as fat; dietary fat may actually stimulate weight loss!



EAT FAT
BETHIN

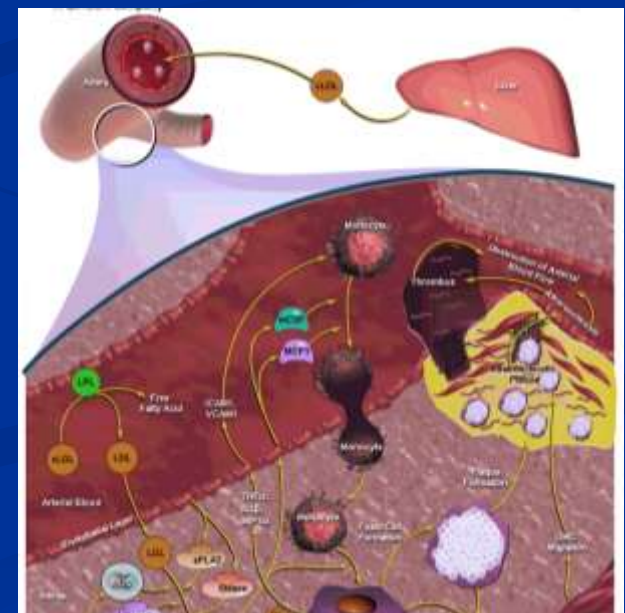
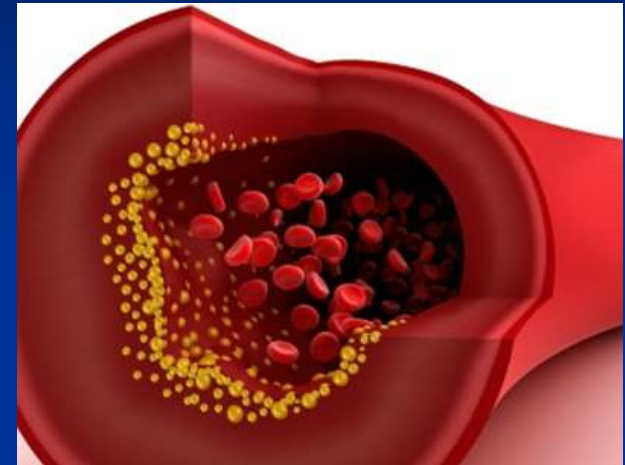
What's the problem with blood fat?

- Fats circulate in our blood in “packages” that are either High Density Lipoproteins (HDL) or as Low Density Lipoproteins (LDL)
- LDL brings fats to our cells; HDL takes unused fats back to the liver
- LDL “packages” are either light and fluffy or small and dense (Very Low Density Lipoproteins)



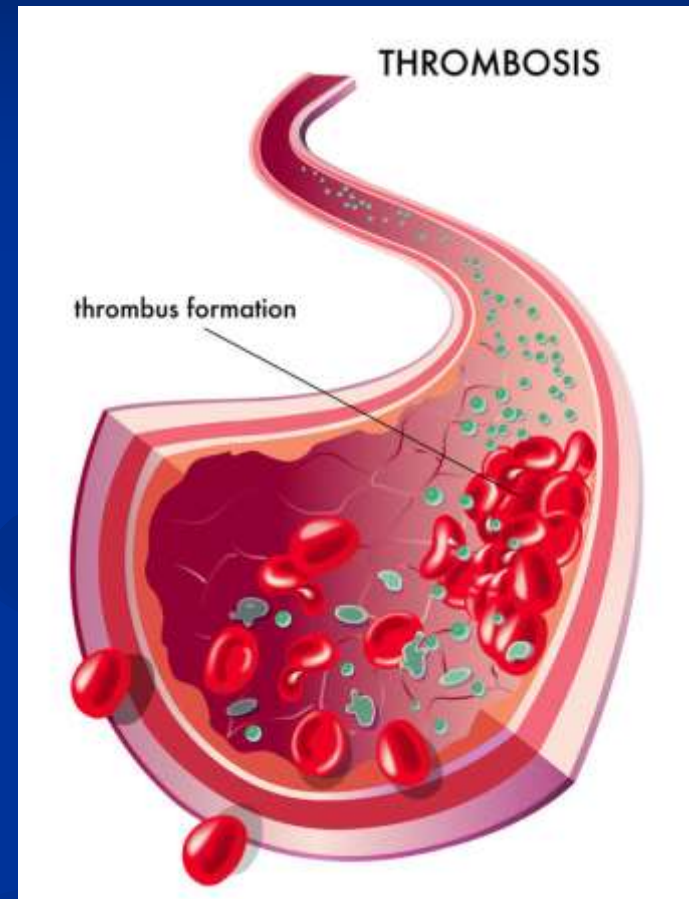
What's the problem with blood fat?

- We used to think that all LDL particles were dangerous, so we wanted LDL levels to be low.
- Research over the past 10 years has learned that only the VLDL is problematic, these “fluffy” particles do not appear to create problems.
- VLDL particles stay in our blood vessels, become oxidized (rancid), and cause inflammation when they lodge in our artery walls.



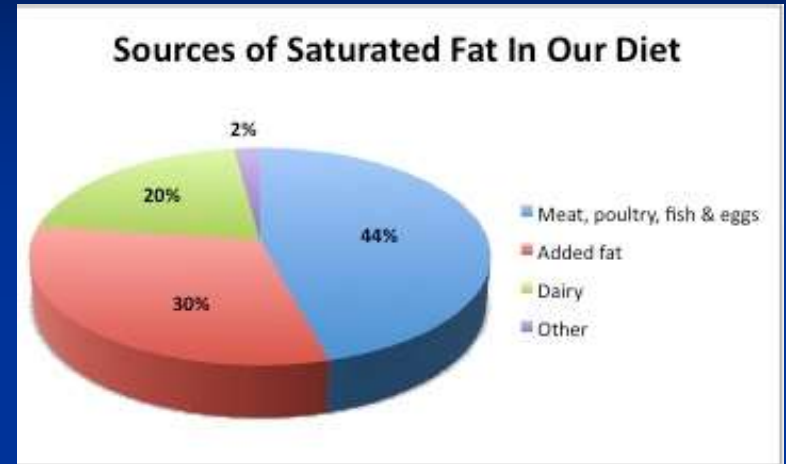
What's the problem with blood fat?

- Inflammation leads to “plaques” that form that can break off and lead to heart attacks or stroke.
- The lower the level of VLDL particles, the lower our risk of heart attacks or stroke.
- The more sugars and refined grains we eat, the more VLDL particles stay in our arteries.
- Saturated fat only increases the light, fluffy LDL particles and does not lead to heart attacks or stroke



So what should we eat?

- All fats, other than trans-fats, increase HDL
- Saturated fats increase LDL a small amount, but only the light, fluffy particles.
- Saturated fats also increases HDL levels, the “good” blood fats
- We can reduce the level of our VLDL particles by reducing sugars and refined grains.



FATS RANKED FROM LEAST HEALTHY TO HEALTHIEST

HEALTHIEST

adapted from Cosmopolitan

OMEGA-3 FATS

POWERS YOUR BRAIN,
AND REDUCES RISK OF
HEART DISEASE AND
ALZHEIMER'S



WILD SALMON



FLAX SEED

MONOUNSATURATED FAT

HELPS YOUR BODY BURN
FOOD MORE EFFICIENTLY
TO PROTECT AGAINST
METABOLIC DISEASE



OLIVE OIL



AVOCADO

POLYUNSATURATED FAT

SMALL AMOUNTS CAN
LOWER BAD CHOLESTEROL
AND DECREASE RISK OF
HEART DISEASE AND
TYPE-2 DIABETES



CANOLA OIL



WALNUTS

SATURATED FAT

DOESN'T PROMOTE OR
PREVENT HEART DISEASE



MEAT



CHEESE

OMEGA-6 FATTY ACIDS

TOO MUCH CAN
CAUSE INFLAMMATION
THAT CONTRIBUTES
TO HEART DISEASE



CORN OIL



SUNFLOWER OIL

TRANS FATS

CLOGS ARTERIES
AND LIVER TO CAUSE
HEART DISEASE



MARGARINE



PIE CRUST

LEAST
HEALTHY

Fats and their role in Cardiovascular Disease (CVD)

Omega-3 fats reduce CVD risk

Monosaturated fats protect against CVD

Polyunsaturated fats can reduce risk

Saturated fats are essentially neutral

Vegetable (seed) oils contribute to CVD

Man-made trans fats actually cause
CVD

So, what types of fat should we eat?

- Saturated fats, found in red meat, butter, ghee, lard, cream, eggs, coconut or palm oil
- Monounsaturated fats found in extra virgin olive oil, avocados, avocado oil and nut oils
- Natural polyunsaturated fats found in fish, fish oil, flaxseed and chia seeds



So, what types of fat should we avoid?

Processed polyunsaturated fats in vegetable and seed oils including canola, soybean, corn, sesame, grapeseed, peanut, and sunflower oils



In manufacturing, these oils are exposed to high heat and pressure and are easily oxidized and turn rancid causing inflammation in our bodies.



So, what types of fat should we avoid?

Processed trans fats used in fast foods, margarines and commercially baked goods will be banned over the next few years but will be replaced by polyunsaturated fats .

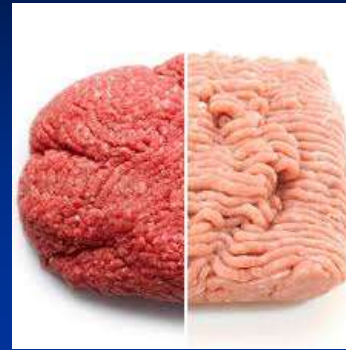


How can we get good fats?



Eat as little processed food as possible and more food with natural fats!

How can we get good fats?



Sour cream



Fat Bombs



Low carb websites

- www.DietDoctor.com
- www.AuthorityNutrition.com
- www.DiagnosisDiet.com
- www.LivinLaVidalLowCarb.com
- www.DitchTheCarbs.com
- www.ZoeHarcombe.com
- www.WheatBellyBlog.com
- <http://LowCarbDiets.About.com>

Low carb recipe sites

- www.AlldayIdreamaboutfood.com
- www.IBreatheImHungry.com
- www.CarbSmart.com
- <http://HealthyLowCarbLiving.com>
- www.Deliciously-Thin.com/
- www.pinterest.com/kirkshinta/low-carb-websites
- Or Google: Low Carb, Paleo, Keto, or
- “Fat Bombs”

In the coming weeks, we'll cover

- What to eat for breakfast
- Why fat is your friend
- Why fasting might work for you
- How to eat LCHF away from home
- Basic low-carb recipes
- Low-carb snacks and desserts
- Low-carb for diabetics