

Is saturated fat bad for your health?

Some say saturated fat—found in coconut, chocolate, butter, and fattier cuts of meat—is terrible for your health, gumming up your arteries and leading to heart attacks.

Others say caution is outdated—and even advise you to eat more of it.

But what does the research say?

In a nutshell:

1. When consumed in excess, saturated fats increase cholesterol and the risk of cardiovascular events.

But...

2. Saturated fats don't increase your risk of dying.

The truth is, saturated fat is neither all bad nor completely harmless.

Rather, it's a matter of consuming saturated fats in the appropriate doses, in the right context.

In fact, if you're eating a balanced whole foods diet, and you're not eating excess calories, you probably don't need to worry about your saturated fat intake.

A good general guideline:

Keep saturated fats to about 10 percent or less of total daily calories to reduce risk of negative health effects.

It's worth noting: Trans fatty acids are the bigger concern. They're directly linked to an increased risk of cardiovascular disease, cancer, diabetes, obesity, and allergy.

The good news: These kinds of trans fatty acids are primarily found in packaged foods and have to be listed on nutrition labels. (Ideally, you want to choose products that contain 0 grams.)

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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