



Be Baby Fat: Your Guide to Healthy Fats

By: Dina A. Beck

Ever hear a grandparent exclaim that a fat baby is a healthy baby? There may be some truth to that.

I didn't believe it either, but five books and months of nutritional counseling later I converted to a "fats are good" mindset. Now, not just any fats... *healthy fats*. According to the progressive (yet actually regressive) advice in the book *Nourishing Traditions*, we should consider adopting some of the diet principles of our ancestors:

- organic, unprocessed animal fats
- soaked, unrefined whole grains, beans, legumes, nuts and seeds
- raw dairy
- homemade condiments, sauces and beverages
- fermented foods

Today, I'm just going to focus on the first – healthy fats.... conventional and organic.

HEALTHY FATS PRINCIPLES:

- Fats should account for 30-80% of calories, with [quality] saturated fats encouraged.
- Importance is put on fat-soluble vitamins A, D and K, and omega-3 fatty acids which improve cardiovascular health.
- Polyunsaturates (largely from soy, corn, safflower and canola oils) should be cut *drastically* to 4% of caloric intake, with approximately 1.5% as omega-3s to 2.5% as omega-6s.¹ *The average American diet sees polyunsaturates as high as 30% of calories at a dangerous 1:16 ratio!*²

While this may sound surprising contrary to today's low-fat messaging, you have to consider the source(s)... *Nourishing Traditions* author (and researcher/farmer/activist) Sally Fallon Morell is one of many advocates of traditional, farm-fresh eating which celebrates animal fats *from reputable, clean sources*. This means from strict organic farms, pasture-raised, and includes [raw dairy](#) which is, arguably by many, outlawed for sale in a few states.

HEALTHY FATS IN PRACTICE

So, no, you don't want to strive for an *unsafe* body weight, but you may want to investigate if increasing your intake of healthy fats is appropriate for you. Just as a baby's fat is meant to support development and provide energy, [the right fat in an adult](#) helps the body absorb those essential vitamins A, D and K and is turned into energy. It's the *excess not used* by the body (along with unused carbohydrates and proteins) that is then converted to that harmful body fat.

¹ [Weston A. Price Foundation](#), "The Skinny on Fats"

² [Biomedicine & Pharmacotherapy](#), "Evolutionary Aspects of Diet, the Omega-6/Omega-3 ratio and Genetic Variation: Nutritional Implications for Chronic Diseases"

HEALTHY FAT TIP: 1 gram of fat provides 9 kcal of energy.

Research has complicated the commonly accepted connection between saturated fat and heart disease.^{3,4} While our understanding continues to evolve, experts recommend that more [healthy fats](#) (from high-quality, organic sources) should be incorporated into the American diet. They come in a variety of forms, such as:

1. OILS

Vegetable oils (like corn, safflower, canola, sunflower and soybean) cause damage to cells from free radicals which occur when heated past their smoke point. Such damage causes [inflammation](#) seen in many chronic diseases. Opt instead for high-quality stable fats such as **coconut oil, avocado oil, olive oil, refined palm oils, and clarified butter (ghee).**

2. PROTEINS & BEANS

Fish, especially **salmon, mackerel, herring, lake trout, sardines** and **albacore tuna**, contain high levels of omega-3 fatty acids which are good for brain and heart health. **Eggs** are an inexpensive protein boasting healthy fat and are even sometimes fortified with extra omega-3s. More mood-lifting omega-3s are found in legumes like **kidney beans, navy beans, Great Northern beans** and **soybeans**.

3. FRUIT

Aaa-avocados! **Avocados** are great for aiding in absorption of nutrients like vitamins A, D, K and E and has nearly 20 vitamins and minerals in the fruit itself.⁵ They are also an excellent source of potassium, lutein ([good for eyesight](#)), oleic acid & avocation B (found to fight some cancers), antioxidants, and the B vitamins: folate, thiamine, riboflavin and niacin. Niacin helps improve cholesterol and triglyceride levels for healthier arteries and lowers blood pressure and inflammation.⁶

Want to lose weight with this healthy fat? You can! Research has found that the monounsaturated fat in avocados can aid in weight loss. Plus, they're high in fiber, so avocados help you feel fuller to eat less. They may even help relieve osteoarthritis and symptoms of an enlarged prostate (4x more than oranges). Diabetic? This is *your* fruit!⁷

4. NUTS & SEEDS

Small servings of nuts like **hazelnuts, almonds, cashews, pecans** and especially [walnuts](#) are all heart-healthy fats. The same goes for [pumpkin seeds](#), along with **sunflower and sesame seeds**. **Flaxseed** also contains fiber, can aid in younger-looking skin and is anti-inflammatory.

5. FORTIFIED FOODS

You may find some **milk, bread** and **breakfast bars** are fortified with those important omega-3s, more of which we should strive to consume.

³ [WebMD](#), "Is Butter Back? The Truth about Saturated Fats"

⁴ <https://pubmed.ncbi.nlm.nih.gov/20071648/>

⁵ [CaliforniaAvocado.com](#), "Avocado Facts"

⁶ [WebMD](#), "Health Benefits of Avocados"

⁷ Ibid.

Of course, take this with a grain of [unrefined, sustainable sea] salt and always consult your physician before making changes to your diet. This doesn't give you an excuse to hit the soda and candy bars hard. Remember, it's *healthy fats* that are key.

MORE CONVENTIONAL PROS

To legitimize these claims, let's recognize a few experts contributing to this deep network promoting traditional diets.

Sally Fallon Morell's ancestral nutrition is based on the research of Dr. Weston A. Price⁸ which began in the 1930s. They are joined by educator and board-certified practitioner in anti-aging medicine Donna Gates, M.ED., ABAAHP. Gates is author of groundbreaking books on The Body Ecology Diet,⁹ which focus on sugar-free, gluten-free, casein-free and probiotic-rich meals. Also leading nutritional education in this area are certified doctor of natural medicine and clinical nutritionist Dr. Josh Axe;¹⁰ founder of the Maker's Diet,^{11,12} naturopathic researcher Jordan Rubin; and the late nutritionist and researcher Dr. Mary Enig,¹³ author of *Eat Fat, Lose Fat*.

I've read them all and highly recommend - real eye-openers!

⁸ [International Foundation for Nutrition and Health](#), "Weston A. Price, DDS"

⁹ [bodyecology.com](#)

¹⁰ [draxe.com](#)

¹¹ [Livestrong](#), "Maker's Diet Food List"

¹² [makersdiet.com](#)

¹³ [The Weston A. Price Foundation](#), "The Brilliance and Courage of Dr. Mary Enig"