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Things A Man Should Know About Fats

By Mehmet C. Oz, M.D. and Michael F. Roizen, M.D.

People tend to think simply "fat is bad," so when it comes to losing weight, they avoid fat and leave it at that. But the truth is that you need healthy oils.

There are substances in your liver called PPARs (peroxisome proliferator-activated receptors), which help minimize inflammation in your arteries. And healthy oils stimulate PPAR production. **Nuts (especially walnuts) contain healthy oils, as do most kinds of fish. We recommend species that are low in toxins and are not environmentally stressed: tilapia, cod, mackerel, herring, sardines, mahimahi, and line-caught salmon.** We also recommend cooking with unprocessed vegetable oils like olive oil, grape-seed oil, walnut oil, and organic canola oil. (Conventional canola oil is almost always sprayed with pesticides.)

The problem in America is that we eat predominantly unhealthy oils—saturated fats from four-legged animals and trans fats (like partially hydrogenated vegetable oils), which you see on food labels, in fried foods, and in most baked goods.

Now, why would the food industry want to kill us with unhealthy fats? Because healthy fats have a very short shelf life. Junk foods made with trans fats, on the other hand, can sit on your shelf for a year and they'll still taste good. (Which, aside from being unhealthy, is just creepy.) But your body has no way to process those aging trans fats, which don't lubricate the arteries the way good fats do.

Here's the rule, with just a few exceptions: **Any fat that's a liquid at room temperature is good for you, and any fat that is solid at room temperature is bad for you.** One caveat: Fats from four-legged animals (e.g., butter) are not ideal, but at least your body knows how to digest them (since our ancestors have been eating them for millennia). You're much better off with animal fats than trans fats, which are a real away game from a human-digestion perspective.

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