

Get an Oil Change by replacing bad fats with good fats!

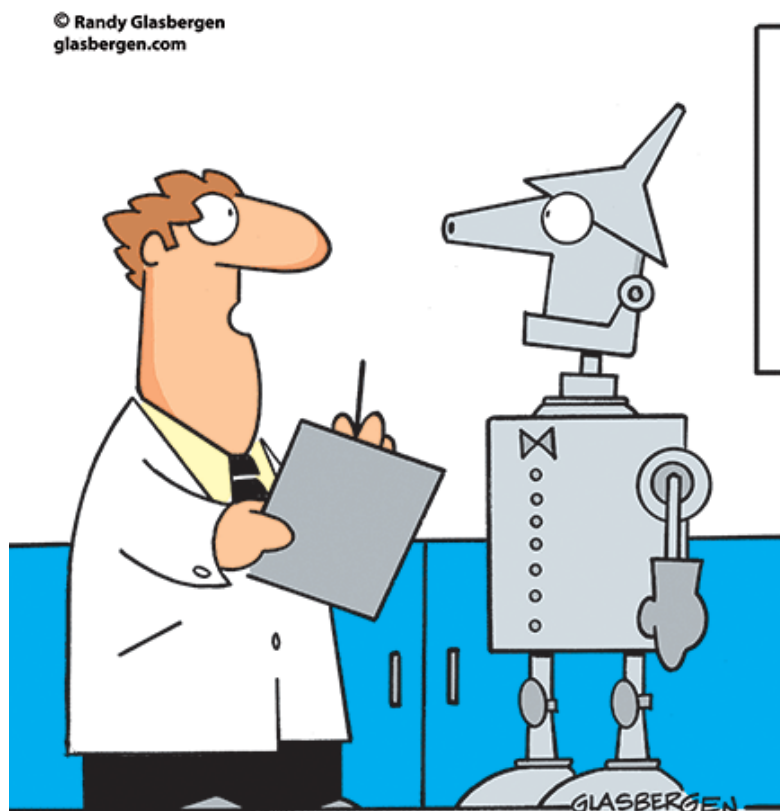
Choosing the right fats and avoiding the wrong fats is one of the most powerful nutritional avenues available to guard and protect your good health.

- **Strictly avoid trans fats:** partially hydrogenated oils (in processed and fried fast foods), stick margarine, and shortening.
- **Minimize saturated fat:** fatty cuts of red meat (beef, pork, lamb), whole dairy products, butter and palm oil.
- **Consume the majority of your fats from the monounsaturated oils:** extra virgin olive oil, canola oil, nuts/seeds, and avocados.
- **Strive to have a serving of omega 3 fats daily:** oily fish (salmon, tuna, mackerel, herring, and sardines), walnuts, canola oil, flaxseeds, omega 3 eggs, wheat germ, and small leafy greens (arugula, watercress, etc.).

Benefits of replacing bad fats with good fats:

- Slash the risk of heart disease
- Improve neurologic and mental health
- Boost metabolism
- Protect vision
- Reduce the risk of cancer
- Slow the aging process
- Reduce inflammation in the body
- Reduce the risk of type 2 diabetes
- Reduce the risk of Alzheimer's Disease

Source: Dr. Ann Kulze, *Eat Right for Life: The Family Plan*



**“Olive oil is good for your new heart,
so is fish oil. And you can still enjoy
an occasional motor oil Martini.”**

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