

The SKINNY on FATS: Manage the fats in your diet

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We Need Fat - Oh Yeah

Fat has a somewhat undeserved bad rap: let's set the record STR8 - you need fat in your diet. Only fat can perform some very important functions:

- * Some important nutrients can only be absorbed with the help of fat: vitamins A, E, D and K

- * Fat is used in connective tissue throughout the body

- * Fat aids in building out healthy skin and Hair

The Good VS Bad - Fat ThrowDown

The issue is more than *unsaturated fat*, the good guys VS *saturated Fats*, the bad guys. Some saturated fats are really good for you, like - coconut oil and butter. More importantly it is how the fats are processed or not processed. Hydrogenated oils or processed oils are the real culprits, a lot of good stuff is destroyed in the processing like vitamin E. Natural fats in moderation are the ticket to good health and being satisfied when you eat.