



Does Consuming Fats Lead to Fat?

Do fats make our children fat? Actually consuming fats does not lead to fat...surprised? It is the combination of sugar and processed fat, which does. These are foods such as fried foods, pastries, doughnuts, oils heated at high temperatures, and margarine. They have been heated and modified which can lead to health complications such as obesity. Try and reduce your consumption of these foods.

Natural fats, which the body utilises for healthy brain cells, vision, tissue and organ function, and hormone production, are vital to the body and called essential fats. They need to be eaten frequently. These friendly fats include: avocados, cold pressed oils such as olive oil and hemp oil, seeds such as chia seeds, flax seeds, pumpkin and sunflower seeds, coconuts, nuts and nut butter.

Yes, although some of them do contain saturated fats, remember these fats are important for healthy cells too, and are a great source of energy for our growing children, keeping their appetite at bay.

Instead of frying foods, you can choose healthier cooking methods such as grilling, baking or steaming.

In conclusion, consume fats in their original form as much as you can. They do excellent work for you and your children's bodies and brain. Go nuts and go avocado!

Recipe:

Easy homemade guacamole with a twist.

This can be spread onto bread of choice or on rice cakes, oat cakes, or as a dip with some breadsticks or vegetable crudité's.

- 1 avocado per person
 - 1/4 red onion finely chopped
 - 1 pinch natural salt
 - 1 pinch pepper
-

- 1 avocado, take the skin off and dice and then mash with a fork.
- Mix in the chopped onion and season to taste.
- A tiny amount of salt and some black pepper will add flavour to this or children can have without.

