

## FATS AND OILS

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The quality of fats and oils in the diet is of utmost importance. They provide us with essential fatty acids (efa's) that are necessary for the proper functioning of all cell membranes, the immune system, the brain and nervous system. Use only organic cold-pressed oils. Store all oils, nuts and seeds in the refrigerator, and limit exposure of these oils to heat and light.

### **Fats and Oils for Cooking Purposes:**

- Generally it is best to not heat oils. Never allow the temperature to get too hot.
- If you must sauté using extra-virgin olive oil, add onion to the sauté before you turn on the heat to stabilize the oil or add a small amount of water to moderate the temperature.
- For higher heat purposes, occasional use of organic extra virgin coconut oil is ok.
- For occasional baking, reduce the oil in recipe add pureed fruit or vegetables, and use extra virgin coconut oil, NuSun brand sunflower oil or organic butter. .

### **Fats and Oils for Salad Dressings or to add to foods after cooking:**

- Organic, cold-pressed extra-virgin olive oil
- Cold-pressed organic flax oil or Udo's oil may be recommended for some individuals
- Cold-pressed pumpkin seed, walnut or avocado oil, organic butter.

### **Dietary Sources of High Quality Fats and Oils:**

- **Raw nuts and seeds.** Use the nuts and seeds specifically recommended for you. They help remineralize. The most beneficial are sesame seeds, sunflower seeds, pumpkin seeds, almonds, fresh walnuts, chestnuts, hazelnuts, pecans and freshly ground flax seeds.
- **Raw nut/seed butter** made from sunflower, pumpkin, almonds or sesame (tahini). Mix with water to make a sauce or dilute further to make a nut or seed milk.
- Organic avocados, coconut, olives.
- For essential fatty acids and beneficial fiber use 2Tbsp organic flax seed daily, freshly ground in a coffee grinder. Golden flax has a better appearance than brown flax in smoothies.
- Cold-water ocean fish such as sardines, herring, wild-caught salmon (canned is OK).

### **Better Butter**

- Combine 1 cup butter and 1 cup extra virgin olive oil in the food processor. Store in the fridge and use as you would margarine. If flax oil is recommended for use, you may replace the olive oil with flax oil. Add the contents of 1-2 capsules of vitamin E to the mix to reduce oxidation.

### **Homemade Salad Dressing** - Combine in a jar with a lid and shake well:

- 4 TBSP fresh lemon juice
- ½ cup extra virgin olive oil, flax oil, or Udo's oil, or a combination of these.
- 2 tsp non-irradiated natural Dijon mustard
- 1 drop stevia, salt and pepper to taste

Optional additions: 1 TBSP of cold-pressed walnut or pumpkin oil, herbs, garlic, shallots.

For a creamy dressing add a few tsp of tahini or ground sesame butter, or ground nut/seed