

Health and Fitness Myth

01

Eating fat makes you fat ?



Beware ... Not All Fats Are Created Equal

There are good fat sources, which are essentials for your body and bad fat sources, which are harmful. It is wrong and misleading to include all fats into bad category as we see it constantly from the food industry. **Let's check**



Book your **free** Personal Training session **today**.

Go to

www.kanoapersonaltraining.co.uk

The Real Truth

Information source is Dr Michael E. Rothman.



Good Fats

X

Bad Fats

- Diets high in omega 3 fatty acids and saturated fats are linked to lower rates of obesity and improve overall health
- Good fats help to build healthy cell membranes, these membranes are able to utilize good hormonal communication signals to appropriately manage metabolism.
- Diets rich in good fats (saturated and omega 3), antioxidant, electrolytes and trace minerals de-inflame the body and allow for proper insulin/leptin signaling and resulting weight loss, stable energy and disease prevention.

- **Man made fats (trans-fats) and refined vegetable oils are inflammatory and disrupt metabolism.**
- **Diets rich in sugar, grains, hydrogenated oils and omega 6 inflame the body and damage cell membranes. This alters insulin and leptin signaling and leads to insulin and leptin resistance, weight gain, diabetes and chronic inflammation.**