



The Secrets of a Healthy Kitchen

Fat is Your Friend (some fats, anyway)

Smoking Point of Fats

- The smoking point is the temperature at which a cooking fat will start to smoke.
- The cooking fat starts to burn at the smoking point and releases free radicals, which are often linked to cancer.
- It is important to lower the heat and not allow your fats to reach their smoke point as this is when the fat's structure will change and health benefits become lost.
- Helpful Website: Information on the quality of cooking fats and smoke points: <http://whatscookingamerica.net/Information/CookingOilTypes.htm>

Anti-Inflammatory Benefits of olive oil

- The polyphenols found in olive oil are what are known to decrease inflammation in the body.
- In heart patients, olive oil and its polyphenols have been shown to lower blood levels of C-reactive protein (CRP), which is blood measurement for assessing the presence of excess inflammation.
- Approximately 1-2 tablespoons of extra virgin olive oil per day have been shown to provide anti-inflammatory benefits.

Omega-3s are Awesome

- Not only are omega three fatty acids good for heart health, they have also been shown to aid in cognition, mood, decreasing inflammation, and the risk of certain types of cancer.
- Research is indicating that we can attain these benefits from eating an omega-3 fatty acid rich fish, like salmon, once per week!
- A great source of omega-3 fatty acids to consider is canned salmon. The bones of the canned fish are pretty much dissolved allowing them to be consumed safely. And this makes canned salmon a wonderful source of calcium.

The Yolk of an Egg

- Vitamin D is a fat soluble vitamin. It is only found to be naturally occurring in a few foods and egg yolks are one of them.
- Vitamin D is important for many things in the body. Some examples are bone health and the immune system.
- The yolk also contains the essential nutrient choline. This nutrient is a component of many cell structures especially, *phosphatidylcholine* which is a large component of the brain. So choline, as a part of the diet, is important for healthy brain function. It is also necessary for communication to take place between nerves and muscles. In addition, it has also been shown to help decrease inflammation.
- So next time you have an egg, say yes to both the white and yellow parts!

Alright for Olives

- Here is an interesting fact about olives; they are almost always cured before eating. Olives picked directly from the tree are way too bitter to be eaten.
- There are so many varieties of olives, but one thing is for sure, they are all primarily made up of monounsaturated fat.
- The type of olive selected does not greatly affect the healthy fat content. So go ahead, choose the ones that are most pleasing to your palate.

Absolutely Avocados

- Avocados are loaded with heart healthy monounsaturated fats. And these fats are the same fats that are found in the healthy olive oil that the Mediterranean people have been cooking with forever!
- Avocados are also a good source of fiber. It is interesting to see a food that is a good source of fat and fiber all in one.
- And the benefits of fiber go on and on. Some highlights are that it helps with blood sugar and cholesterol control.
- So enjoy your avocados in many different ways. Make sure when using them you scoop out the outer dark green layer that is located along the inside portion of the skin. This is where all the fiber is found.