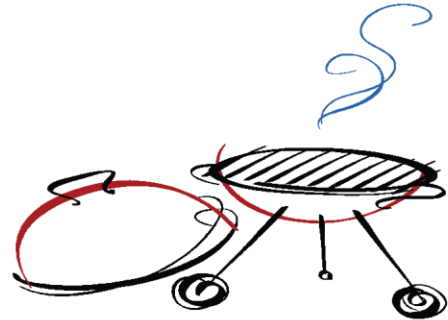


# Grill Me About...



## FATS



Ask me what I learned about **Beneficial Fats** in my **GrowingGreat Classroom Nutrition Lesson**:

1. What are the 3 things beneficial fats do for my body?
2. What are some examples of beneficial fats?
3. What is the name of a very low-quality fat often added to packaged foods?

.....  
**Answers:**

1. Give me energy, help me think and concentrate, feel full longer, lubricate my joints
2. Butter, nuts, seeds, olive oil, salmon, whole yogurt, milk, cheese, olives, avocado, coconut oil
3. Hydrogenated oil, a type of trans fat which is manmade

**Ask your child to name the beneficial fats!**

**Dressing**

*(whisk together)*

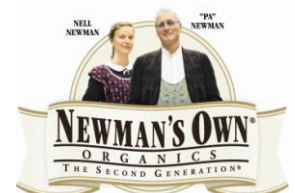
- Juice from 1 lemon (1/2 cup)
- 2 cloves minced garlic
- 1/4 teaspoon sea salt
- 1/2 cup olive oil
- 1 tablespoon of dijon mustard

**Salad**

*(toss together)*

- Romaine lettuce
- pumpkin seeds
- grated Romano cheese
- Whole grain roll and butter

GrowingGreat thanks the following companies for their generous contributions which made food sampling possible for this lesson:



# Classroom Nutrition Lesson #3

## Cooking with Beneficial Fats



You need to eat some fat! Many people are deficient in beneficial fats. With our modern idea of low fat “health foods,” we are starving ourselves of good fats. Despite the plethora of fat-free products over the past 15 years, obesity has tripled in many Western countries, diabetes is now a world-wide epidemic and heart disease and cancer are killing more people than ever. Essential fats are just that: Essential.

Strange as it may seem, eating beneficial fats not only promotes health but they help burn off excess body fat. Studies have shown when subjects switch from a low fat diet to one rich in medium chain fats, such as butter and coconut fat, they lose weight. The kind of fat in butter and coconut oil boosts metabolism and reduces the body’s ability to store fat. The same holds true for omega 3 fats. These oils stimulate metabolism. These fats also help us to feel full, so we eat less.

### Reasons to Eat Your Butter

- ☆ When from a grass fed source, butter is rich in omega 3 fats
- ☆ Butter is rich in conjugated linoleic acid, a fatty acid which burns fat and reduces breast cancer risk
- ☆ The natural vitamin E in butter prevents premature aging and heart disease
- ☆ The vitamin A in butter benefits skin and promotes immunity
- ☆ Butter helps us feel satisfied and reduces need for sugar snacks

### High Quality Fats:

85% of Americans are deficient in beneficial omega 3 fats. These essential oils help us make hormones, prevent heart attacks and cancer, nourish the brain, help us burn unwanted fat and keep the skin healthy. Other good fats are important as they help us fight cancer, keep our skin soft and keep us satisfied after eating. Good fats lubricate the joints and keep us from experiencing pain. Good fats also taste good!

### Sources of Beneficial Omega-3 Fats

Grass fed beef	Range fed chicken	Dark green leafy vegetables
Cheese, butter and yogurt from grass-fed cows, goats & sheep	Flax seeds/flax oil	Hemp seeds/hemp oil
Omega-3-rich eggs	Pumpkin seeds	Fatty fish: wild salmon, cod, mackerel, herring, sardines, anchovies, trout
	Walnuts	
	Oats/oatmeal	

### Benefits From Eating a Diet Rich in Omega 3 Fats

Reduced hyperactivity in children	Reduced risk of diabetes	Reduced cancer risk
Reduced violence in children	Improved mood	Reduction in cravings
Improved learning in children	Elimination of depression	Increased metabolism and fat burning
Improvement in asthma	Reduced risk of heart disease	Relief from arthritis
	Reduction in pain	

### Other Sources of Beneficial Fats

almonds, almond butter	sunflower seeds	coconut oil
hazelnuts	macadamia nuts	olive oil
cashews, cashew butter	avocado	
Brazil nuts	sesame seeds	