

Good Fats vs Bad Fats

When looking for the best fats to include in your diet, remember that saturated fat is better than unsaturated fat and that animal fats are always more compatible with our bodies than plant fats. Here are the top 5 fats to buy at the store (the more animal fat the better)

Butter/Ghee

One of the best fats out there, especially if its from a grass-fed cow as it will have more nutrients and less toxins than if it was from a feed lot cow.



Beef Tallow

Full of heart healthy saturated fat. Can be hard to find in most stores, I like the Epic brand



Lard

Lard is a great saturated fat, but be careful because studies have shown that if chicken or pigs are fed lots of grains and seeds then their fat can be high in omega-6 fats and we dont want too much of that. Look for lard from pastured pigs.



Coconut Oil

While it is high in saturated fat, which is good, coconut oil is also a plant fat, which we dont want to overdo. I discuss why fats from animals are much better for us than fat from plants in my book, Understanding the Heart.



Uncontaminated Olive or Avocado Oil

These are the only oils I would be okay with using, however I just stick to the first 3 fats on this list. If you choose to use these two oils, be very careful and make sure you know you have a good brand. One study showed that many companies that make these oils contaminate their oils with vegetable (seed) oils, which are the fats we want to avoid at all costs. One of the olive oil brands the study tested was 100% canola oil!



Contaminated Olive or Avocado Oil

Be very careful with these oils as many of them have been contaminated with unhealthy oils.



Vegetable (Seed) Oils

These are the baking/cooking oils like corn oil, soy oil, sunflower oil, canola oil, grapeseed oil, rapeseed oil, etc. Stay very far away from these oils and watch out because they are used in many other processed foods as well.



Cooking Spray

These are just sprayable vegetable (seed) oils. Never buy them. Just cook with butter.



Margarine

Even worse than vegetable (seed) oils, which are liquid at room temperature, are these oils that have been chemically altered to be solid at room temperature. These are hydrogenated oils and are where we find trans fats, the most harmful fats out there.



Vegetable Shortening

Another form of hydrogenated vegetable (seed) oil that should be completely avoided. Also, never buy foods fried in any of these oils.



From *Understanding the Heart* by Dr. Stephen Hussey -
"...humans are designed to eat and use animal fats, but we can use plant fats to survive when animal fats are not available. Plant fats are not ideal and long-term high use of them can lead to many health problems. When we can, we should stick to fats that come naturally from animals."

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UNDERSTANDING
THE
HEART

SURPRISING INSIGHTS INTO
THE EVOLUTIONARY ORIGINS
OF HEART DISEASE
—AND WHY IT MATTERS

DR. STEPHEN HUSSEY, MS, DC