



Good Fats - Essential Fatty Acids - E.F.A's

Remember how important these good fats are! They are called essential, because they are essential!!

Without them we can become sick!

These are just a few of the benefits of getting enough good oils in your diet....

1. Increases energy and mental alertness
2. It helps to stabilize your weight, for example if you are overweight it will help you burn fat, or if you are underweight it will help you gain weight by stabilizing your metabolism.
3. It may stop you getting heart problems later in life.
4. It strengthens your immune system and keeps you well.
5. Improves your brain function.
6. Helps maintain strong bones and joints by aiding the transport of minerals around the body.
7. Gives you glowing skin, strong nails and shiny hair.

You will find these good oils in foods such as....

1. Nuts, seeds, flax, almonds, walnuts, sunflower seeds, pine nuts. (Avoid peanuts)
2. Avocados.
3. Olive oil, avocado oil. Almond oil, sesame oils etc drizzled on foods such as salads (you can make your own salad dressing out of these oils mixed with Lemon Juice and crushed Garlic).
4. Oily Fish such as Tuna, Mackerel and sardines.

If your child doesn't like any of these, you can get great supplements that you can disguise in their smoothies, such as Udo's choice, which is found in all good health stores.