

Fat

For a long time, fat was considered the enemy, but that 1990s trend of buying everything 'low-fat' or 'fat-free' is slowly losing its grip as people realize that **fats are good**. Having said that thought, many Western diets consume too much fat, and the wrong sorts of fats. When consumed in appropriate amounts, fat is used by the body as a source of energy that increases the absorption of fat-soluble vitamins, such as A, D, E and K. As well as this, fats and oils also insulate the body and cushion the organs from shock. Up to 35 per cent of your daily calorie intake should be a form of fat. **Omega-3** is a good example of a healthy fat, and can be found in fish, walnuts, flaxseed and certain vegetable-based oils. Nuts, seeds and avocados are some of the healthiest plant-based fatty foods, while fatty meats and dairy should be consumed in much lower quantities.
