
LOW FAT using GOOD FATS & OILS

You need a wide range of fats and oils to live and stay healthy. It is all a question of which fat to choose and use. Good fats in proper balance play an essential role in maintaining your health. Your body needs to manufacture twenty different fatty acids, all from just two essential fatty acids:

Omega-3 (linolenic acid) and Omega-6 (linoleic acid). These fatty acids maintain cell membranes, transport fats around the body and are needed to make hormones. A deficiency of omega-3's has been strongly implicated as a main cause of heart disease, immune system breakdown, cancer and other diseases.

By eating a wide range of foods you can meet your daily requirements for essential fatty acids. Ideally we require a balance of 2/3 omega-3 and 1/3 omega-6. These essential fatty acids are necessary even for weight loss because weight loss requires the action of many hormones and these hormones are manufactured in your body from essential fatty acids. Following a low fat diet has long-term health benefits. The recommended levels of fat intake a day for women/men is 35g (about 1 tablespoon) for fat loss and 60/70g for weight maintenance.

Home food preparation gives you more control over your fat intake and the TYPE of fat or oil. Be aware of saturated fats and limit these as they contribute to high cholesterol, heart disease, stroke, cancer, diabetes and obesity where as the essential fats and oils HELP improve these conditions. It is all a matter of balance.

Try to include the carbohydrates which are slowly digested and absorbed leading to a smaller rise in blood glucose, known as Glycemic Index or low GI foods. Good choices include rye or grainy breads, pasta, oats, barley, legumes, fruits (apples, oranges, stone fruits) starchy vegetables (sweet potato, corn), low fat milk & yoghurt.

DIETARY SUGGESTIONS

Increase **omega-3** fatty acids

- Use oils such as flaxseed, canola, walnut, soybean or cod liver oil in salad dressings or dips. These oils must NOT be heated as this destroys the EFA.
- Eat 150g/week of nuts such as walnuts, macadamias, almonds or hazelnuts as snacks.
- Use nut spreads in preference to margarine. Buy non-hydrogenated products.
- Consume 3 eggs a week.
- Eat fish such as salmon, herring, tuna, cod, mackerel or sardines six times a week for lunch or dinner, hot or cold meals.
- Add linseed (flaxseed) to bread and cereals.

Increase **omega-6** fatty acids

- Eat dark green leafy vegetables each day, 50% raw and 50% cooked.
- Consume wholegrain breakfast cereals and breads.
- Use seeds such as pumpkin & sunflower as snacks or as garnishes for vegetable dishes.
- Borage, a herb, blackcurrant and evening primrose are good sources.

Increase **omega-9** fatty acids

- Use oils such as olive, peanut, macadamia and sesame. Mix with omega-3 oils for salad dressings and dips.
- Combine avocado in salads or use as toast toppers or as a spread for sandwiches.

Use cooking methods which require no added fat such as steaming, microwave, baking, grilling or stir-frying.

Choose lean meat, chicken and fish and remove visible fat before cooking. Do not fry foods.

LOW FAT Good Fats & Oils



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August 2006

LOW FAT PRODUCTS

- ♥ Less than 3% fat, no saturated fat
- ◇ Low salt (less than 120 mg/100g)
- Low GI

Biscuits

- ♥■ Apricot Temptation (GI – 47)
 - ♥■ Spicy Apple Sensation (GI – 47)
 - ♥■ Blueberry Bliss (GI – 47)
 - ♥■ Zesty Ginger (GI – 47)
 - ♥■ Sticky Date (GI – 47)
- Florentines - gluten free, only 4% fat

Snacks

- Gluten Free, Wheat Free
- Baked Corn Chips:
- ♥◇ Plain

Slices & Bars

- ♥ Strawberry Slice Multi Pack - gluten free, 97% Fat Free - **Medium GI (58)**
- ◇♥■ Hi-Lite Breakfast Bar **GI – 53)**
- ◇■ Omega Bar – gluten free, only 4.2g sat fat per 100g (**GI – 21**)
- ◇ Super Berry Breakfast Bar – less than 4% fat, **Medium GI (57)**

Spread

- Gluten Free, Wheat Free
- ♥ Vege Spread

Confectionery - Gluten Free, Wheat Free

- Fruit strips enriched with a vitamin & mineral blend.
- ♥◇■ Apricot & Apple (**GI – 29**)
 - ♥◇■ Peach & Pear (**GI – 29**)
 - ♥◇■ Plum & Apple (**GI – 29**)

Sauces

- Gluten Free, Wheat Free
- ♥◇ Tomato Pasta Sauce

Fruit Spreads

- Gluten Free, Wheat Free
- ♥◇■ Apricot (**GI – 29**)
 - ♥◇■ Raspberry (**GI – 26**)
 - ♥◇■ Strawberry (**GI – 29**)
 - ♥◇■ Marmalade (**GI – 27**)

Beverages

- Organic Grape Juices
- ♥◇ Black Muscatel
 - ♥◇ Matara
 - ♥◇ Shiraz

Pastas

- Gluten Free, Wheat Free
- Enriched with a vitamin & mineral blend & added fibre*
- ◇♥■ Enriched Rice Pasta (**GI – 51**)
 - ◇♥■ Enriched Spaghetti (**GI – 51**)

Breakfast Cereal

- ◇♥■ Hi-Lite Cereal with Wholegrains - Enriched with Vitamin C, Iron & Folate (**GI – 54**)
- ◇♥ Rice Flakes with Psyllium gluten free
- ◇♥ Rice Puffs with Psyllium gluten free
- ◇♥ Corn Flakes with Psyllium gluten free
- ♥ Ultra Rice with Psyllium gluten free

Bakery

- Gluten Free, Wheat Free
- ♥◇ All-Purpose Flour
 - ♥ Pancake Mix - **Medium GI (61)**
 - ♥■ Corn Fritter Mix (**GI – 34**)

Cookbook (RRR \$24.95)

NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- **Wraps**
- **Frozen Foods** - Pizzas (Supreme, Hawaiian)
 - Shepherd's Pie
 - Crumbed Fish Fillets
 - Crumbed Chicken Fillets
 - Apple Crumble
 - Sticky Date Pudding
 - Donuts

Low Allergenic Fragrant Free Body Range

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll on deodorant
- Aluminium free roll-on Deodorant.
- Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of the carbohydrate according to their effect on glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55
Medium GI = 56 – 69
High GI ≥ 70

The Freedom Foods Cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes it easier to cope with the restrictions of a low fat diet. Visit Freedom Foods website: www.freedomfoods.com.au or free-call 1800 646 231 for further information.