Does eating fat will make you fat

Eating fat, as part of a balanced diet, will not make you fat.

Anyone can become overweight by eating too many calories from any nutrient – whether that be fat, protein or carbohydrates. But still, calories are not created equal. Healthy fats stabilise your blood sugar, keep you fuller longer, reduce snacking and, in return, naturally help you to reduce your overall caloric intake. In comparison, carbohydrates and sugar stimulate your appetite and make it harder to control your calories intake.

That's why eating more fat and fewer refined carbohydrates is the best tool for sustainable weight loss.

If you'd like to know more, here are 4 reasons why eating fat will not make you fat and why healthy fats are essential for optimal health.

✓Less fat = more sugar & carbs
When you build your diet around fat-free foods, you'll naturally be replacing hunger-crunching fat with hunger-driving sugar and carbs.

✓Fat stabilises insulin
Insulin is like the body's energy controller. When you eat something, your body releases glucose (energy) into your bloodstream. This triggers insulin production, a hormone that regulates your blood glucose level by sending the glucose to the right place. Insulin will send this glucose to be burned for energy or to be stored, as body fat, for later.

✓Eating fat reduces your appetite
Fats are last to leave the digestive system, which makes you feel fuller for longer. But fat's satiating power is also because of the effect it has upon your hormones. Eating fat activates leptin, a hormone that sends a signal to the brain to say that you have received enough fat to nourish your cells. This reduces your appetite.

✓Fats are essential for optimal health

Weight loss and appetite aside, fat is essential for good health.
Your body needs essential fatty acids to support its basic functions. Your body can't make them on its own, which means you have to consume them through dietary fat.

- **Fat also:**

*Provides an energy source
*Helps to balance hormones
*Forms your brain and nervous system
*Transports essential fat-soluble nutrients
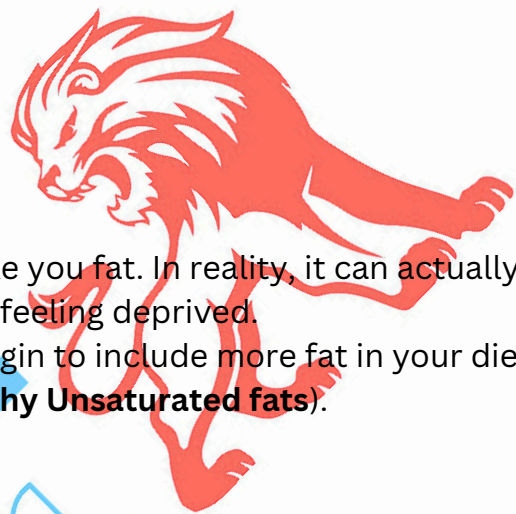
We know by now that eating fat won't make you fat. In reality, it can actually help you feel your best and lose weight, without feeling deprived.
But fats aren't created equal, and as you begin to include more fat in your diet, it's important to focus on the right kinds (**Healthy Unsaturated fats**).

- **Benefits of Healthy Fats**

*Support Optimal Cholesterol Levels
*Promote a Healthy Body Composition
*Support Healthy Inflammatory Pathways
*Optimize Brain Function
*Foster Liver Health
*Strengthen Bones
*Promote Good Sleep
*Improve Skin
*Maintain Healthy Blood Sugar Level

Healthy unsaturated fats include polyunsaturated (including omega 3 fats) and monounsaturated fats, which are known for their beneficial effects on cholesterol, inflammation and metabolism.

- **Monounsaturated fats**

*Olive, canola, peanut & sunflower oils
*Avocadoes
*Nut butter
*Pumpkin & sesame seeds
*Most nuts
*Some animal fats

- **Polyunsaturated fats**

*Oily fish
*Sunflower & soybean oils
*Walnuts
*Pine nuts
*Chia seeds & flax
*Sesame, sunflower & pumpkin seeds
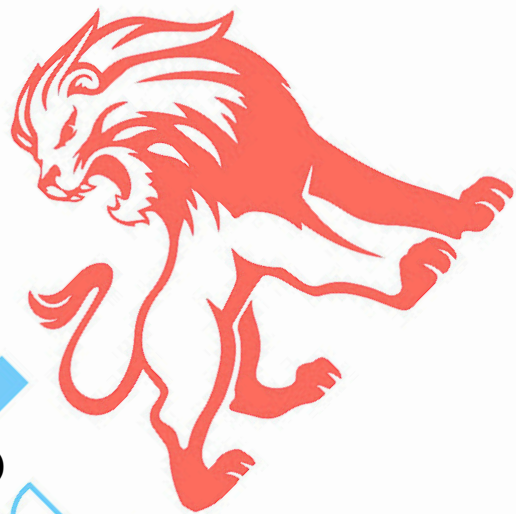
Unhealthy fats or called Trans fats (Avoid)

Trans fats are linked to high cholesterol and a higher risk of inflammation in the body, which can increase your risk factors for heart disease, stroke and diabetes.

- **Potential sources of trans fats**
 *Margarine
 *Fried foods
 *Vegetable shortening
 *Highly processed foods
 *Snack foods
 *etc

Conclusion

It´s not eating fat that makes you fat but eating on a surplus calories that does, and it´s essential to add healthy fats and avoid completely unhealthy fats from your diet not only for weight training purposes but also for health purposes.

In the meantime Lët'z Roar