

Knowledge is Power

By: Lisa Turan

Everything we eat either supports our health or supports disease. It is as simple as that.

Once we know better, we choose better and we do better.

At some point in the 1990's we were taught to fear fat. Manufacturers took this ball and rolled it into a billion dollar industry full of fat free and highly processed products that were supposed to make us lose weight and be fit. Take a look at where we are more than 20 years later. As a country we are heavier than ever and the rate of diabetes has skyrocketed. Lesson learned? We tend to know just enough to be more confused as ever as to what we should or shouldn't eat.

Quality is essential. This is especially true with fat. Good fat is necessary for the proper absorption of fat soluble vitamins A, D, E, and K. These vitamins are abundant in fresh vegetables. We now know that adding a bit of organic grass fed butter or other healthy fat to our steamed veggies helps us absorb the nutrients the vegetables provide. Bad fats, think hydrogenated vegetable oil, create free radical damage to our cells.

This April, I challenge you to commit to yourself and your health by learning something new in relation to your personal nutrition needs. I will be presenting a nutritional workshop at Mountain Life Fitness on April 23rd that will teach you how to make good choices in the fats and proteins you eat.

In this workshop you will learn about several types of good healthy fat and how to incorporate them into delicious meals you and your family will love.

You will learn about different sources of protein and how clean, complete protein sources are vital to the growth, repair and general maintenance of our tissues, immune system and energy production.

You will leave this class with confidence in knowing what fat and protein sources to choose.

You will know which fats and oils should be used for low heat, no heat, and high heat. You will know the best ways to prepare your proteins and use your fats to maximize the nutrients they provide.

Best of all you will be amazed at how easy it is once you know.

