



Healthy Fats 101: Nourishing Hormones & Boosting Wellness

There are two main types of fats: saturated and unsaturated. There isn't a way to exclude certain fats as there can be a mixture in our food sources. However, you should aim for unsaturated fats more often than saturated.

Saturated *examples*

Milk
Cheese
Lamb
Sausage
Burgers
Bacon
Coconut oil
Cakes
Cookies

Saturated fats do play a part in our nutrition, however, consuming too much has been linked to heart disease

Unsaturated *examples*

Avocados
Nuts
Seeds
Canola Oil
Fish Oils
Nut Oils
Sunflower Seeds
Fish
Flaxseeds

Omega-3 and Omega-6 are important to our diets, but we often do not eat enough. More information coming on another handout soon!

What Do Healthy Fats Support in the Body?

Hormone Balance

Brain Health

Heart Health

Absorption of Vitamins

Energy

What Carbs Do I Need?

Menopause

Menopause brings shifts in estrogen and progesterone, affecting metabolism, mood, and bone density. Healthy fats play a vital role in managing these changes by supporting hormone balance, maintaining skin elasticity, and reducing inflammation.

Menstrual

During menstrual cycles, hormones fluctuate significantly, which can sometimes lead to symptoms like mood swings, bloating, and cramps. Including healthy fats in your diet can help balance hormones and reduce inflammation.

Calculate Your Healthy Fats Intake

Calculate your daily calorie needs using an online calorie calculator, considering your age, weight, height, and activity level.

Fats should typically make up **20-35% of your total daily calories:**

*Lower end (20-25%): Weight management or low-fat diet.
Higher end (30-35%): Higher energy needs or hormone support*

Then, multiply daily calories by the fat % and **divide** by 9

Standard Diet

Monounsaturated Fats:

Olive oil, avocados, nuts (almonds, walnuts), seeds (sunflower, sesame)

Polyunsaturated Fats:

Fatty fish (salmon, mackerel, sardines), flaxseed, chia seeds, walnuts

Omega-3 Sources:

Salmon, flaxseed, walnuts, chia seeds

Plant Based

Monounsaturated Fats:

Avocados, nuts (almonds, walnuts), seeds (pumpkin, sunflower)

Polyunsaturated Fats:

Flaxseed, chia seeds, hemp seeds, walnuts

Omega-3 Sources:

Flaxseed oil, chia seeds, hemp seeds, walnuts

How Do I Increase Safely?

To avoid digestive issues, gradually increase fat intake.

Add 5-10 grams of fat each week until reaching your target.

Continue increasing each week until you reach your goal intake.

Disclaimer

This information serves educational purposes only and should not replace professional medical advice. Always consult a healthcare provider before adjusting your diet or starting new supplements, especially if you have pre-existing health conditions or are on medication.