**Fats**

After talking about macros as a whole, I wanted to take a little time to dive into each quickly.

Today, fats!

One benefit of our high-quality fats is the content of Omega 3 fatty acids.

Omega 3s are used in the body as a natural anti-inflammatory to fight pain, stiffness, discomfort, etc…

Omega 6s are inflammatory, meaning, they cause swelling. This is great when we have an injury and need the swelling to provide that protective barrier so we can safely heal. Unfortunately, we are so off balance with this that many Americans are walking around with bodies that are constantly inflamed on some level.

The goal is to have a 1:1 ratio of Omega 3s to Omega 6s. Most Americans have an average of 20:1!!!

That being said, the goal should be to get less Omega 6s which come from highly processed foods and fast foods and get more Omega 3s from things like eggs, fish, fish oil, and fresh ingredients.

High quality fats: fish, almonds, avocados.

We are looking to keep unsaturated fats in the mix while limiting saturated fats and avoiding trans fats.

Some cautions I want to provide you:

What is Keto? A fat fueled diet in which the fats are high enough and the carbs low enough that the body converts from using carbs as fuel (most preferred) to fat as fuel (ketosis).

Myths:

that “dirty keto” is a thing. Any time you have too many or certain types of carbs while in ketosis, it will kick your body out and it will revert to using those carbs as fuel, effectively disrupting the fueling process and your level of active time in ketosis.

The Keto Flu – this happens when someone transitions too quickly or inappropriately from carb fueled to fat fueled and they get sick. This is not supposed to happen and why it is so imperative that you have a coach help you through shifting diets.

“net carbs” – net carbs are carbs not including things like fiber and sugar alcohols. However, those carbs still have a caloric value and do impact the body, therefore, they should be counted in your overall caloric intake. You don’t get to just ignore them and only “count” net carbs, but it is a great marketing ploy.

Fat fueled diets can be great for people with bug amounts to lose, people whose mobility is limited, people who prefer fats to carbs when eating, people with healthy a gull bladder.

Caution: our gull bladder is responsible for processing lipids aka fats; fat fueled diets and/or doing keto the wrong way can lead to gull bladder damage and ultimately, removal. You MUST consult your doctor, your nutritionist, and/or your coach before making these shifts.

Also reminder, you CAN over eat “health foods,” especially fats.

Remember that they are very calorically expensive, and they add up fast! Things like peanut butter and cooking oils and cheeses are all good, but they add up FAST! 9 calories per gram! Fats are also very easily stored in the body as fat, so we need to be very aware and intentionally about our intake. Nuts and seeds are okay, but track them FIRST.

For me, the lowest calorie way to ensure my omega 3 intake: Full Mega (fish oil). I don’t eat a lot of fish naturally and even when I do, I know it’s not enough so I use this high quality fish oil to help offset that. It doesn’t taste like fish or smell like it and it’s super high quality. How to test fish oil pills for quality: remember that your fish oil should be a clear oil (you should be able to see through your pills); the pills should not freeze; they should not smell or taste like fish and NO, you should not get the fish burps. <https://1stphorm.com/products/full-mega/?a_aid=Ami>

There is such a thing as too much of a good thing; like anything, we look to create balance there as much as possible.

I hope this helps! Let me know what questions you have!

Love you! #acadamifitness

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