



## Nutrition 101 (Part 2)

All right everyone, we are back with Nutrition 101, Part Two. So in today's conversation we're going to discuss dietary fat sources, fruit and sweeteners. So let's get started talking about dietary fats. So it's important to understand that naturally occurring fats are very good for us. It's the process of refined fats that we want to eliminate from our diet, so things that are man made. Now, I want you to think about an olive here. Imagine squeezing a nice big olive. A lot of oil oozes out of it, right? Even with just your fingers doing the squeezing, not even using any fancy equipment. Now, think about squeezing a kernel of corn. Corn is the base of vegetable oil, which is the primary oil that people use in their homes and use at restaurants. Think about how much oil comes out of a kernel of corn. It's a big difference, isn't it? It's a lot easier, a lot more natural to get that oil from the olive than it is from the kernel of corn.

Imagine the amount of food processing that needs to go into extracting oils from fruits rather than fatty substances. So it's important to understand that these naturally occurring fats, the ones that are easily liberated from their natural sources, they're actually quite good for us. They help us stay full, and they actually are sources that can be used to create proteins or that can be used to create hormones, that can be used to absorb nutrients versus the artificial process in refined fats. Our body doesn't recognize them quite as well as fat, they don't really have a physiological function, so they end up creating a lot of inflammation in the body. So we want to focus on their real natural fats.

Now, a lot of people have been very fearful of consuming saturated fats, and this has been due to a lot of misinformation, but almost all of the data that's come out, especially in recent years, has debunked that showing that saturated fats are quite healthy for us. And all of our natural sources of fat do contain both saturated and unsaturated fats. So we want to make sure the fats we're consuming are as close to a natural form as possible, and we don't necessarily want to get bogged down in the myths about saturated fats when they're from natural sources. I highly recommend that everybody reads *The Big Fat Surprise* by acclaimed journalist, Nina Teicholz.

All right, so dietary fats we want to eat liberally. Meats of any kind, quality does affect the fat distribution, so grass fed is preferred. Poultry and eggs, a patient once asked of Dr. Fun, "How many eggs could they have in the day?" And he jokingly responded, "31." But of course, quality also matters here, so pre-range, hormone-free, antibiotic-free, organic grain fed, you can't get grass fed poultry in eggs.

Fish and seafood, preferably wild and not factory farmed. At factories, fish are often fed grains, things like corn, and we know that fish don't eat that in their natural habitat. Olives, so things or oils, things like olive and avocado oil, MCT oil, coconut oil, palm kernel oil, certain fats like butter and ghee are all great and macadamia nut oils. Dairy's okay to have if you have unprocessed cheese. I usually encourage people to stick to the artisan cheese section, soft or hard. Stick to the artisan cheese section. Avoid things like low fat, so when it's cheese or other dairy sources like yogurt or milk, avoid low fat, stick to the full fat options.

And ghee and butter are great to have too. They're wonderful cooking oils. Ghee is just clarified butter. Nuts that are preferred are things like macadamia, pine, almonds, walnuts, pecans, and Brazil nuts. Try to avoid or minimize your consumption of cashews and pistachios. Did you know that cashews are just as insulinogenic as potato chips? It's pretty wild. So when we want to eat these foods, it's better to add them in as mixes, and this is something that I do in our household. I'll make a mix of nuts where the bulk of the nuts are the healthier ones, and I'll sprinkle in a few cashews and pistachios. And when it comes to seeds, chia seeds, pumpkin seeds, sunflower seeds, flax seeds are all great to have as well. Refined fats to avoid, margarine. Margarine is only a couple ingredients away from having the same composition as rubber.

These oils, vegetable, corn, canola, grape seed, cotton seeds, safflower seed oils, sunflower seed oil, soybean, peanut oil, all of these are very, very inflammatory and are going to produce a massive insulin response. Processed cheeses. So anything low fat, cheese wrapped in plastic, canned and spray cheeses, cheese found in tubes and in boxes. Processed meats we want to avoid in general, unless you know they're very good sources and minimally processed, things like prosciutto just tend to be dry, cured and processed with salt. You're not getting something like your regular hotdog that's got a mismatch of different animals, and different parts of the animals, and isn't necessarily controlled.

Now, there are good options for these things too, such as Niman Ranch as a brand that we really like, and it's a hundred percent beef and it's processed very well with a lot of integrity. I wouldn't even consider it to be very processed meat. So you've got to be cautious of your sources here. When it comes to foods like bacon, bacon in general is not very nutritious, but when bacon is not necessarily very processed, it's an okay thing to add into the diet. Now, when I mean processed, we don't want to see a lot of added sugars to it. Try to get bacon that is sugar free and nitrate free. Now, when we do find unprocessed bacon, that's generally fine to have, or less processed bacon, or many individuals will make their own from pork belly at home, which is a great fat. So how do we add fat to the diet?

I honestly think that when we talk to individuals, they think that when they want to eat a high fat diet, they just imagine a pound of bacon, a pound of butter, and a dozen eggs, and they can't imagine having meals like that. Let me describe a meal that I had that got a lot of backlash on social media. I had a side of cooked spinach. I had a side of vegetables, broccoli, bell peppers cooked, and I had two chicken thighs. And I posted this on my Instagram years ago, and I got such hate for having a low fat meal, but there is actually 75 grams of fat on that plate, and

people just couldn't see it because they couldn't see sticks of butter and they couldn't see jars of oil. But the chicken thighs, I ate them with the skin and I cooked them in some fat.

I cooked them in some butter. The leafy greens, well, I sautéed them in some olive oil and the vegetables, the non-starchy vegetables I had, I used duck fat to cook those. So all of these great fat sources, they add a tremendous amount. A tablespoon of olive oil is 15 grams of fat on its own. So in this meal I use about 45 grams of fat just in cooking oils. So what we want to do is we want to select fattier protein sources. So the chicken thighs instead of chicken breast. And if you do like the chicken breasts, I genuinely like chicken breasts, even with the skin.

We can also add fats through sauces too. So things like Bearnaise, chimichurri. Chimichurri is an olive oil-based sauce. Anybody can have it on a plant-based diet as well as an omnivore diet. And you can make different herbs and garlic butters and mayos as well. You can even add sour cream. You can also buy different flavored olive oils to use as dips, and there's now dips available through a company called Primal Kitchen that are all olive oil based. So your ranch dip or your different party dips, you can even purchase these at your local supermarkets or online.

Something that I'd often encourage people to do at the start of their journey is just to have half an avocado and drizzle olive oil on it as a great way to get in some fat and fiber at the end of the meal. While you're trying to navigate what a meal looks like for you, sort of an insurance policy that you're going to get in enough fat. You don't have to drown it in olive oil, but even just drizzling on a teaspoon or a tablespoon can really add a huge fat punch to your particular meal. If you're eating two meals in one day, you can add in a good 70 grams of fat just from doing that. So keep in mind it is having that avocado and having that olive oil can make a big difference.

You can also mix in some nuts and seeds into your salad as well as avocado to give it a fattier boost in addition to your dressing. And you can add full fat dairy like cream, sour cream, crème fraîche to give your dishes extra texture. Now, fruit and sweeteners. Fruits are called nitrous candy for a reason. They are very, very sweet. They're natural sugars and they play a big role in the development of insulin resistance. So fruits we've talked about eating liberally or avocados and olives. People don't even think of them as fruits because they're not sweet, but they are fruits and they're the ones we want to lean into. Again, the fruits that we should eat occasionally are berries, apples and pears. When we have berries, half a cup, apples and pears, half of one that you would buy at the store or a whole one that you buy at a farmer's market because it tends to be much smaller in size, approximately a third of the size than the ones that you traditionally buy in the supermarkets.

And we don't want to eat these foods alone either. So you can mix berries in with some coconut cream, some full fat sheep yogurt, and whipping up some heavy cream. You can add some flax, some chia seeds. You can crush up some nuts. That's a great way to dress up some berries. You can throw berries in a salad or you can just eat them as a small dish at the end of a meal, but not on its own. Apples and pears, you can sprinkle cinnamon or put your tablespoon of nut butter on them as a great way to add in some fat, fiber and protein. Fruits to avoid. We really

want to avoid all other fruits, especially bananas and oranges. And if you're someone out there who thinks that you need bananas for potassium, well, many of us don't need to seek out potassium, but if you believe that you do or you've been told that you do by your doctors, then avocados actually have a lot more potassium in them than a banana with only a tiny fraction of the sugar.

A banana has the same amount of sugar as that in a chocolate bar. An avocado is almost negligible, so you can really pick your potassium sources there. Juices is something that we're going to talk about next. For those of you, diabetic or not, you know that if you ate 12 oranges in 30 minutes or less, that that would not be a smart thing to do. Even if you weren't diabetic, you'd expect your blood sugar levels to be high from that much sugar. If you're diabetic, your blood sugar levels are going to be high. After having one orange, your blood sugar levels would be high. So 12 would just be silly. Well, what do you think happens when we eat or drink a glass of juice, even if it's unsweetened juice? Well, that's about 12 oranges worth of juice that you're getting in one glass. So when we drink one glass of juice, it's actually even worse than eating 12 oranges because we're not getting any fiber from the pulp.

We're just drinking straight liquid sugar. This alone, in addition with sodas, is one of the leading causes of non-alcoholic fatty liver disease. When patients come into the clinic and I'd report to them that they have fatty liver disease, they'd be horrified. They barely drink or they don't drink at all. Am I insinuating that they have a problem with alcohol? No, but they're a juice-oholic or they're soda-oholic because sodas are all sweetened with high fructose corn syrup, right? So it's just liquid sugar and unsweetened fruit juice, even without added high fructose corn syrup is just liquid sugar because we know what would happen if we ate 12 oranges.

We know what would happen if we ate 12 apples in half an hour. That's a ton of sugar, and that's exactly what we get when we have juice, so we've got to cut it out. Sometimes patients will take a glass of water and maybe they'll add in a tablespoon or a teaspoon of a juice, an unsweetened juice to give it flavor. That's okay as you're transitioning. It's absolutely okay as you're transitioning to do that occasionally. But you've got to keep in mind this is just liquid sugar. It has no different physiological effect than the cans of soda.

So sweeteners, natural and artificial sweeteners all raise insulin levels even though they might not affect glucose levels. So sugar alcohols like erythritol and xylitol and sweeteners like Stevia, they're all going to raise insulin levels. They make your cravings worse for sweets by tasting sweet, and the high insulin stimulates your appetite and it sabotages your weight loss efforts. So if you are struggling, gastric distress, trouble fasting, not getting the weight loss, being always hungry, having cravings for sweets that aren't going away like your peers in the community, you might want to surrender even these quote natural sweeteners, especially on fasting days, important on fasting days because our goal is to really lower insulin levels. So here's a list of popular sugars, artificial and natural, that you'll see that we want to avoid. Now, the ones that are bolded, underlined with asterisks are better options. So we do have holidays coming up and on holidays, there's going to be special things that you might have for a period of time, you might make for others, you might make for yourself.

You might have people over that are going to want something for their coffee or their tea, and you want to give them a better option. So things that we would prefer, coconut palm sugar, honey, maple syrup, pure maple syrup, and monk fruit. Now, pure maple syrup, it can be used quite well. It actually does not have a crazy insulin response, and one of my favorite uses for it is to add flavor to butter. So when we're making certain things that we would typically put maple syrup on or sweeter sauce, we'll melt down some butter and mix in some maple syrup.

We don't do this very often, but on Christmas morning, I'll make coconut flour pancakes from Diet Doctor's website and instead of drowning them in maple syrup, what I do is I take some butter and I melt into half a cup of butter, about half a teaspoon of maple syrup. It gives it a nice flavor, and my husband and I will share that across our breakfast. So we're each getting about a quarter of a tablespoon of maple syrup at the end of the day. It's very minimal, and it certainly beats having globs of it on our plate. All right, everyone, that wraps up Nutrition 101 and 1.2. Thank you so much. Sorry, nutrition 101, parts one and two. Thank you so much for joining me, and we'll see you in class. Bye for now, everyone.