WEIGHT LOSS: SUGAR VS. FAT

You've heard that eating fat makes you fat. That it contributes to heart disease, diabetes, and obesity. You've been told that saturated fat is bad and vegetable oils are good. But fat gets a bad rap. Find out why sugar is the real culprit.

IT'S SUGAR THAT MAKES YOU FAT.

The average American eats 152 lbs. of sugar + 146 lbs. of flour (which converts to sugar) per year.

YOU NEED FAT TO FUNCTION.

Your body is 15-30% fat. Your 10 trillion cells need fat to build cell walls.

ALL FATS AREN'T CREATED EQUAL.

Some fats (like omega-3) are helpful. Some fats (like trans) are harmful. Some are neutral.

LOW-FAT DIETS BOOMERANG.

We tend to eat more starch and sugar to make up for the lost fat. That much sugar makes your cells numb to insulin's call. Cell walls made of high-quality fats metabolize insulin better. You become insulin-resistant, and your metabolism goes haywire.

WHOLE FOOD DIETS ROCK.

The best way to keep weight off is to eat a whole food diet with quality fats, fiber, and carbs (like dried beans) that won't spike blood sugar. Quality fats are found in extra-virgin olive oil, avocados, extra-virgin coconut oil, some nuts and seeds, eggs and fatty fish. Avoid "Frankenfoods" at all costs. These are processed foods packed with hidden sugars, trans fat, and inflammatory vegetable oils (like corn and soy).

DON'T BLAME DIETARY FAT FOR LOVE HANDLES OR AN EXPANDING WAISTLINE.

Quality fats in a healthy diet will protect and nourish your body from the inside out. The best way to keep weight off is to eat a whole food diet with quality fats, fiber, and carbs (like dried beans) that won't spike blood sugar.

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References: