

# Quality Protein and Fats

Protein and Amino Acids are the building blocks of our body. Quality proteins are essentially a long strand of Amino Acids that support the growth and development within the body. Our bodies need an assortment of protein from both animal and plant sources alike in order to receive the Aminos we need.

There are several types of quality proteins but not all are created equal. Some are better quality than others; For instance, cattle, buffalo, deer, elk, chicken, turkey as well as seafood like halibut and salmon. These quality proteins can also be obtained from beans, legumes, nuts, grains and even some vegetables. For vegetarians, these should be your main sources of protein.

Ideally you should be looking for meats that are Hormone and Antibiotic Free, Grass Fed, and Free Range. No hormones plus grass fed equal a higher nutrient counts, good fats and proteins, abundant omega 3's and vitamins A & D

The more intake of quality protein, the more fat-burning your body does! This results in a leaner, meaner body and smaller waist size!. Essential fatty acids are necessary, however, our bodies do not manufacture them.

When people talk about fats, there is generally a huge misconception. It is important to remember that there are both good fats and bad fats! Good sources of healthy fats are found in olive oil, coconut oil, palm oil, raw butter, organic grass fed meats, fish oil, seeds, avocados and nuts. Always use heat stable fats and oils to cook with. Try to choose organic foods for safe fats and consume Omega 3's-especially with children.

Good Fats help lower cholesterol and are vital components of development and repair of the brain and nervous system. The lack of omega 3 and 6 can be associated with several disorders including: Heart Attack, Stroke, Cancer, Obesity, Insulin Resistance, Diabetes, Lupus, Depression, Alzheimer's, Chronic inflammatory disorders, ADHD, Asthma, Arthritis and more.

Just like there are good fats there are also bad fats and these are why fat is such a bad word! Bad fats are trans-fatty acids that are found in items such as margarine, hydrogenated/ partially hydrogenated oils, vegetable oils and conventionally raised animals and fish. These animals are raised on low nutritional value and are often exposed to toxic pesticides.

**It is important to avoid the following:** Roasted nuts, Non-organic dairy sources, fried foods unless prepared with palm, coconut oil or lard-but keep at a minimum. Try to keep your trips to fast food restaurants to a minimum or avoid them all together. Fast Food restaurants use **low** quality foods and fats, most of which are highly processed. Follow these and you are heading in the right direction.

Thank you and have a healthy day,  
*-Jen Hughes*