

Eat Fat to Build Muscle and lose Body fat?

“Many still believe that low fat is a healthy option”

Busting the Myths about Fat

Yes, it's true, fat is an essential macro nutrient to keep the human body running efficiently. Eating ample portions of natural (healthy) fat will cause the body to use fat as a fuel instead of carbohydrates. This makes it an excellent nutrient to promote fat loss. Combining this with a well designed strength and conditioning training program can build muscle while shedding body fat.

Consider these facts:

- Now there is solid scientific evidence readily available to the general public.
- More is now known about how the body functions in relation to fat.
- It is evident that natural saturated fat is not harmful but essential to health.
- Both saturated and unsaturated fats play key roles in healthy cellular function.
- Aids in absorption of all fat-soluble vitamins



Sources of healthy fats: almonds, almond butter, almond milk, almond oil, avocado, avocado oil, grass fed beef tallow, blue cheese, brazil nuts, grass fed butter(Kerrygold), ghee, most full fat and raw milk cheeses, chicken fat, coconut oil and butter, fish oil, ghee, full fat yogurt, organic heavy whipping cream, lard from natural raised pork, tallow from grass fed cows, macadamia nuts, olive oil, pecans, pine nuts, pistachios, sour cream, sunflower seeds, walnuts, mayonaise, duck fat.

Avoid or reduce: fat from conventional grain fed animals, farm raised fish, industrial vegetable oils such as corn, soybean, canola, safflower, cottonseed, peanut, grapeseed.

Sources:

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