



Soaring Free

6

reasons
you need
healthy
fats



HORMONE HEALTH

supports hormonal system functioning to keep hormones balanced

MENTAL HEALTH

supports the healthy functioning of brain cells for balancing your mood

BRAIN HEALTH

protects healthy brain functioning & supports memory & cognition

GUT HEALTH

supports & shapes a healthy gut microbiome

METABOLISM

supports weight loss & promotes a healthy fat-burning metabolism

SKIN HEALTH

nourishes your skin, reduces dryness & promotes supple skin



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*Soaring Free Superfoods (PTY) LTD is not a qualified healthcare practitioner.
Please consult your qualified healthcare practitioner before making any dietary changes.*

Healthy Fats

vs

Unhealthy Fats

Healthy fats are fats found naturally in plants and remain healthy when processed raw or at low temperatures. Some healthy fat food sources are:

HEMP OIL

the perfect ratio of Omega-3 and -6 for the human body. Not suitable for cooking, excellent over savoury dishes and in salad dressings.

CACAO BUTTER

made mostly of stearic acid which is known to lower 'bad' LDL (low-density lipoprotein) cholesterol, and palmitic acid which our bodies burn for energy. Used in desserts and is great for making popcorn.

COCONUT OIL

high in MCTs (medium chain triglycerides) which promote weight loss and improve energy. Also contains no EFAs which makes it good for cooking.

CHIA SEEDS

high in Omega-3 which improves brain function and reduces inflammation. Excellent for joints. Make a jar of chia gel with water and chia seeds, and add spoonfuls to fruit bowls and make chia puddings. Seeds not to be heated.

OLIVE OIL

must be virgin olive oil which is unrefined and made from high quality, undamaged olives. Is best used raw and added to meals after cooking. Make sure your 'cold-pressed' oil is also processed without heat or chemicals.

FLAX OIL

high in Omega-3 fat and not suitable for cooking or heating. Is quite a sensitive oil so make sure it's fresh and not turning rancid. Check the expiry date!

DAIRY BUTTER

one of the better fats to cook with. Make sure it's from happy animals that have lived and eaten in a healthy, natural environment. Toxins absorbed by animals are stored in their fat!

Trans fats are fats that have been modified by high heat or chemicals. They are damaging to our cardiovascular, immune and reproductive systems, as well as energy, fat and EFA (essential fatty acid) metabolism. Trans fats also affect our liver function and cell membranes. They are commonly found in:

VEGETABLE OILS

e.g. sunflower, soya, canola and corn.

MARGARINE

partially hydrogenated fats (trans fats) make the margarine solid. Hydrogenation is a process using high heat, hydrogen and usually nickel to provide a cheap, shelf-stable spread.

BISCUITS, CRACKERS & CHIPS

use either trans fats in the ingredients and/or in the baking/cooking process.

BAKED CONFECTIONERIES & PASTRIES

trans fats used in the ingredients and then baked at high heat.

FRIED & DEEP FRIED FAST FOODS

use oils that contain trans fats, plus heating these oils to high temperatures creates more trans fats. Reusing this oil and reheating increases more trans fats.

PIZZA

made with trans fat oils and fired at high temperatures which increases the trans fats.

DEODORISED OILS (fragrance free) are created using heat which creates mutagenic substances and can damage our DNA.



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