



*Welcome to our monthly Newsletter...*

## Cut the Fat!

The term “Omega fats” has been more frequently recognised these days, but where does this source of healthy fat come from and what other sources of fat are out there? In this month’s Designer Diets we will look at the sources of fat in a little more detail to break the confusion.

The body requires a small amount of essential fatty acids every day. They are called essential because our bodies cannot manufacture them; we have to get them from our diet just like vitamins. There are two groups of essential fatty acids, the omega 6 and the omega 3. The two groups are in balance with each other. For millions of years our diets had fairly equal amounts of both. Unfortunately in the last 50 years, the amount of omega 3 has gone down and the amount of omega 6 has increased dramatically. The balance has shifted. Scientists are now discovering that this has a big impact on our health.

Omega 6 fats tend to promote inflammation, arthritis, heart disease and asthma. Omega 3 fats tend to reduce inflammation, arthritis, heart disease and asthma and are also used by the brain and help to prevent depression. The recent changes tip the balance towards more inflammation, more heart disease, arthritis, asthma, depression and other disease. High amounts of omega 6 block the body from using omega 3 fats and this makes things worse.

Another type of fat is ‘trans-fat’. This is an abnormal type of fat produced by processing. Trans fats are added to processed foods to increase their shelf lives and make them crisper. Trans fats are bad news for your health.

### **Avoid omega 6 fats:**

These are high amounts of safflower oil, sunflower oil, corn oil, soybean oil, cottonseed oil, peanut oil, processed foods. Most take-away foods have a high content as nearly all fried foods are cooked with one of these oils. These oils are used in most processed foods e.g. crisp.

### **Increase omega 3 fats:**

Animal food sources such as fish have ‘long chain’ omega 3 (EPA &DHA), plant sources such as green vegetables and flax seed oil or canola oil have ‘short chain’ omega 3 (LNA). Both are important. Take fresh fish or tinned salmon daily or fish oil capsule 1g 1 or 2 twice daily. Fish oil capsules with a little vitamin E in them are better. Flax seed oil 1 dessertspoon daily. Green vegetables especially dark green

foliage should be eaten daily. Unfortunately, canned tuna has the fish oil removed because canning (even if other oil is added later) and is not a very good source.

**Cooking oils:**

Choose olive oil (extra virgin is the top quality) or canola oil (avoid heat resistant varieties which all have reduced omega 3). Olive oil is best.

**Margarine:**

Choose olive oil or canola based brands. Check the nutritional information label on the bottom. Only get those with 'trans-fat' less than 2g per 100g.

**Avoid trans fats:**

Avoid processed potato chips, corn chips and snack foods. Processed biscuits. Look on food labels for 'partially hydrogenated fats' – this means trans fats. Only a few products currently list their trans fat content, mainly products with a low level (under 2%)

**Reference:**

'The Omega Plan' by Artemis Simopoulos and Jo Robinson, available at bookstores or 'The Omega Diet' from the internet (<http://www.eatmild.com>)

# DESIGNER DIETS RECIPE OF THE MONTH

## Crusted Lamb Cutlets

Serves 6

### Ingredients:

- 2 tbs finely chopped thyme
- 2 tbs sesame seeds
- 1 tbs sumac
- 1 tsp olive oil
- 18 (about 1.8kg) lamb cutlets, French trimmed



### Directions:

1. Combine thyme, sesame seeds, olive oil and sumac in a large glass or ceramic bowl. Add the lamb and gently toss until well combined. Cover with plastic wrap and place in the fridge for 2 hours to develop the flavours.
2. Preheat a barbecue on high. Season lamb with salt and pepper. Cook on barbecue for 2 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 minutes to rest. Serve with side salad.

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We hope you have enjoyed our monthly newsletter and look forward to hearing from you in the near future.

Warm regards,

**Geraldine Georgeou, Marianne Ghattas and the Designer Diet Team**