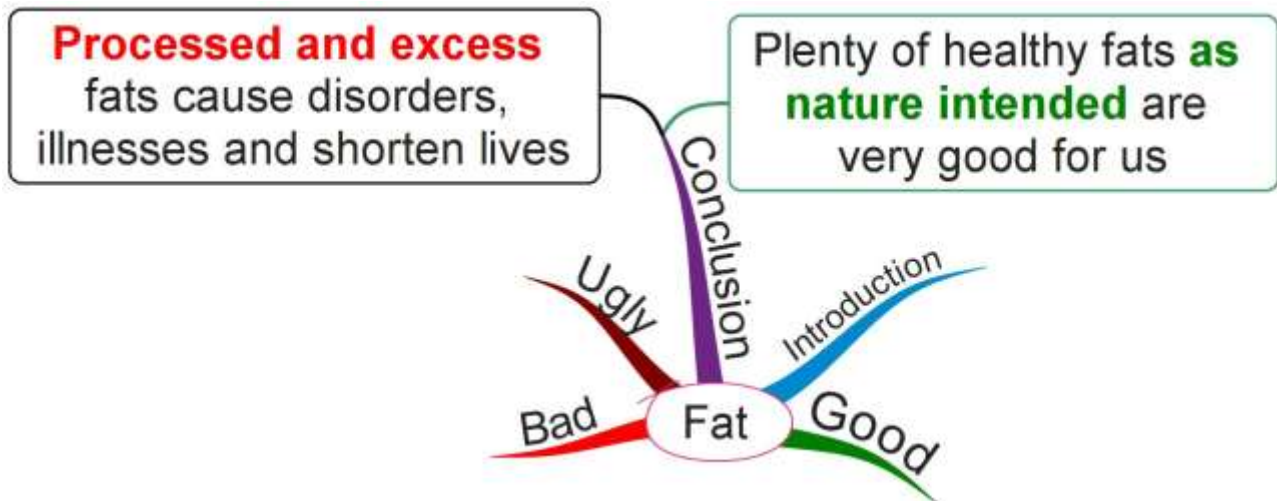


Fats Presentation at Folks and Fables
10am on 17th July 2017
Aim, Objectives and Outline

Aim: How we can recognise and consume less of...
the most damaging fats / more of the most health promoting fats.

Objectives and Outline:

Previously (Bingham 6th October 2016): Roger explained that we all need a range of healthy fats and why ultra-low-fat diets lead to; chronic illnesses, emotional troubles, extra pain and earlier death.



This time:

1. A reminder of the main types of dietary fats
 - ✚ “Saturated, mono-unsaturated, poly-unsaturated” - simpler than they sound.
 - ✚ Why a range of fats are needed for cell/body/brain repair
 - ✚ Fats for long lasting and, perhaps surprisingly, for quick energy too
 - ✚ How fat can provide long lasting energy and quick energy too
2. Digestion of fats
 - ✚ How fats are digested
 - ✚ How much fat can our hearts cope with?
 - ✚ Gut microbes helping with more energy from fat without eating more fat
3. How did most of the world come to be eating so little of the healthiest fats?
 - ✚ [A film clip for this and more clips of medical doctors sharing what they eat](#)
4. How you might improve your emotional and physical health by:
 - ✚ Checking how much of each type of fat you are consuming
 - ✚ Replacing the least healthy fats with the most healthy fats
 - ✚ Changing proportions of healthy fats to better suit you and your unique gut
5. How can you make changes for:
 - ✚ for yourself?
 - ✚ for your loved ones?