

Healthy Fats For Kids

HOW MUCH?

- About 30% of your child's calories. Work towards:
- Moderate amounts of foods that contain quality fat every day (grass red meat, avocados, nuts, seeds, eggs)
- Adding about 3-5 tablespoons of a variety of the fats listed here daily to cover all three types.
- Fish oil, algae oil or cod liver oil as a supplement

MCT OIL

- A saturated fat that is a liquid oil (water soluble)
- Easier to digest as it doesn't require bile and pancreatic enzymes and it can get into cells more easily where it can be transformed into energy.
- Great saturated fat option for kids who are constipated or have digestive pain, kids who have carnitine deficiency or mitochondria issues (if tested), kids who have low energy or insulin sensitivity.
- Has a low smoke point so don't cook with it; drizzle it on foods put it in smoothies and dressings.

CAUTIONS & GUIDELINES

Signs Of Possible Fat Deficiency:

Digestive issues: constipation, tummy pain, reflux, nausea, greasy stools;

Persisting skin, hair and nail issues: flaky, soft, bumpy, dry, brittle;

Persisting neurological issues: poor focus and memory, irritability, ADHD, explosive behavior;

Metabolic issues: weight fluctuations, inability to gain/lose weight, energy fluctuations

Increase slowly and if your child has no gallbladder get support before increasing fat

SATURATED FAT (FOR SAUTÉING & BAKING):

Coconut, Butter, Ghee, Red Palm Oil

HEAT TOLERANT MONO-UNSATURATED FAT (FOR SAUTÉING AND BAKING BUT ALTERNATE WITH THOSE ABOVE):

Avocado, sunflower, rice bran, olive, red palm oils

MONO- AND POLY- UNSATURATED FATS & POLYPHENOLS (FOR DRIZZLING ON TOP OF FOODS)

Olive, sesame, flax, walnut oils

POLYUNSATURATED FATTY ACIDS (NOT TO BE HEATED)

Fish or algae oils, cod liver oil, flax oil

SUPPLEMENTS

Fish, algae, cod liver oils for omega 3 poly unsaturated fatty acids. Amount & type will depend on your child



STORAGE

Store your oils in a cool, dark place like the fridge or a cool cupboard away from light, heat and oxygen.

QUALITY

Toxins accumulate in fat. Choose the best quality you can for fats.