

MODULE 2 | LESSON 3

FUELING WITH FAT

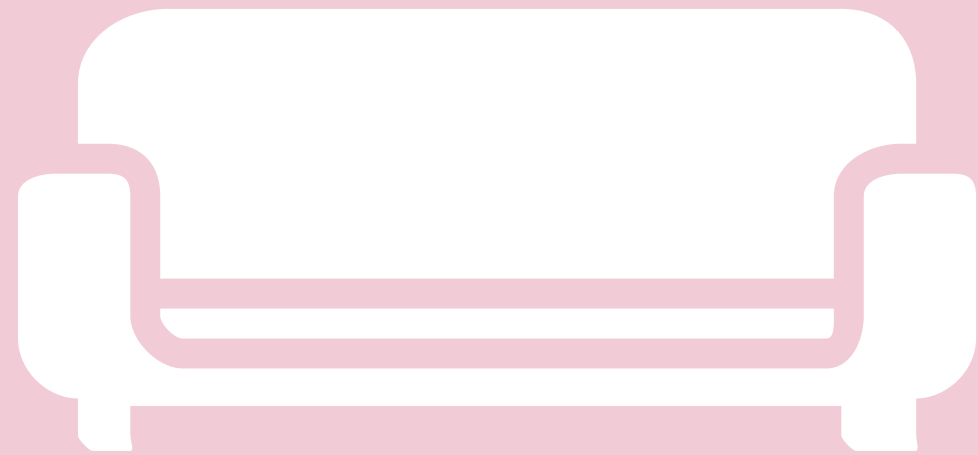
Katie Rodriguez, Nutritional Consultant



THE SECRET TO SUCCESSFULLY MASTERING THE KETOGENIC DIET...



NO ONE WANTS TO TALK ABOUT FAT.



What causes weight gain?

- Excessive calorie intake
- Insufficient activity
- Unmanaged stress

WHAT THE CONVENTIONAL
APPROACH FAILS TO DISCUSS IS
CALORIC QUALITY AND METABOLIC
CONVERSION.

OXFORD ACADEMY

Is Dietary Fat a Major Determinant of
Body Fat?

<https://academic.oup.com/>

What IS Making Us Fat?

POTENTIAL CULPRITS

- Is it the quantity of our consumption?
- Are poor quality fats to blame?
- Is it insufficient exercise?
- Is every calorie created equal?



How does weight loss work?

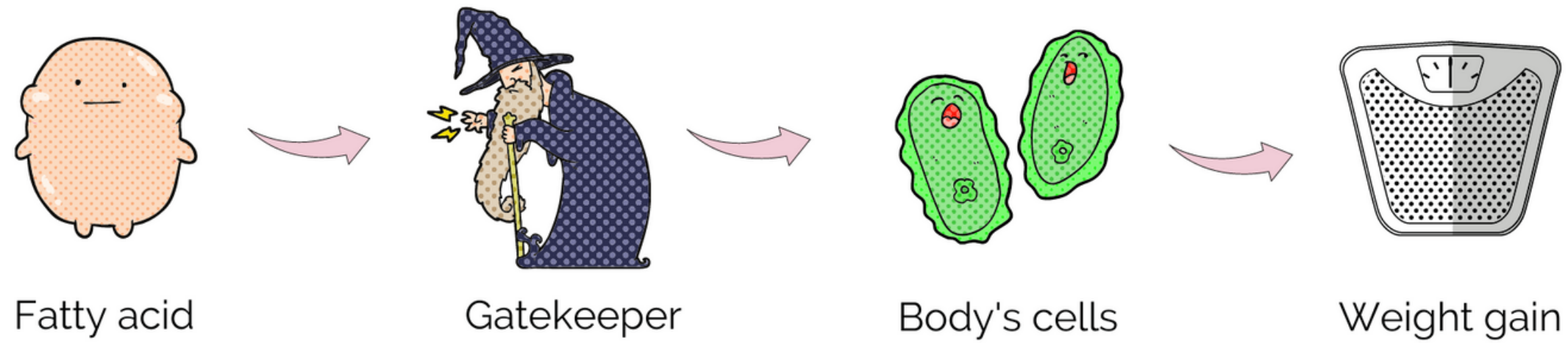
BASIC BODY FUELING SYSTEMS



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How weight gain works

THE SCIENCE OF WEIGHT GAIN



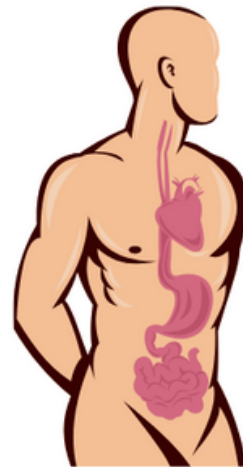
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How insulin works

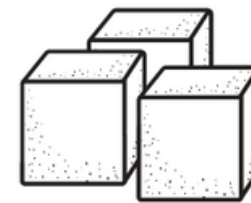
THE ROLE OF INSULIN



Insulin



Pancreas



Sugar



Energy

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INSULIN IS A FAT REGULATOR.

FOODS THAT SPIKE INSULIN

- 1 Sugar
- 2 Table Salt
- 3 Refined Carbohydrates
- 4 Processed Foods
- 5 Sugar-Free Food Products
- 6 Fat-Free Food Products



STUDIES TODAY

Suggest fat-free products encourage blood sugar spikes, intensified cravings, and increased appetite.

THE SECRET TO SUCCESSFUL WEIGHT LOSS





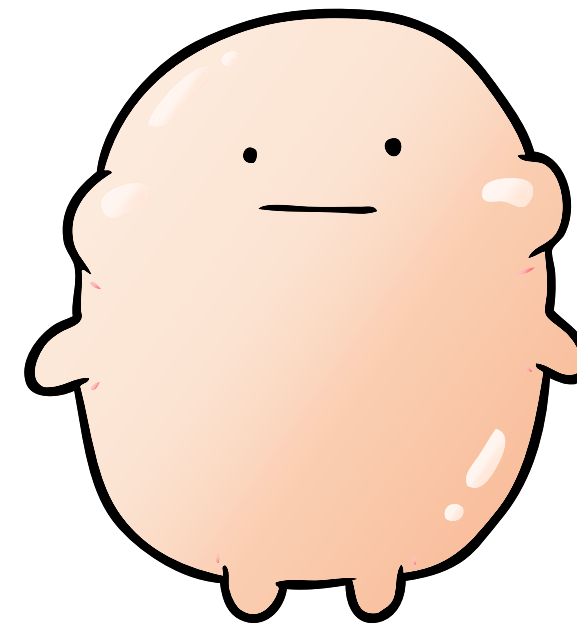
Fat— more than just a nasty blob of blubber!

- Fat is actually an endocrine organ
- 70% of our brain is composed of fat
- Fat is found in every single cell in the human body
- Fat regulates our hormones
- Fat protects and fuels us

Health Benefits of Fat

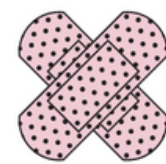
WHAT CAN FAT DO FOR YOU?

- Help you better burn stored body fat
- Regulate appetite-stimulating hormone ghrelin
- Promote satiety hormone, leptin



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Dirty Keto vs. Clean Keto



DIRTY KETO

Eat unhealthy fats (PUFA's) → Lose weight → Raise triglycerides → Illness



CLEAN KETO

Eat healthy fats (SFA's) → Lose weight → Lower triglycerides → Wellness

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What is dirty keto?

DIRTY KETO



Deep-fried (un-breaded) chicken wings with Hidden Valley Ranch



Bun-less burgers with American cheese and Hellman's Mayo



Chipotle taco bowl with double meat, cheese and sour cream



Coffee with basic butter, heavy whipping cream and keto syrup



Charcuterie— low budget meat and cheese spread (pumped deli meats and pasteurized cheeses)

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WHAT ARE THE "RIGHT FATS"?



What are the "right fats"?

SATURATED FATTY ACIDS

- Stable
- Anti-inflammatory
- Protect against oxidization
- Look for grass-fed, organic sources

High-Quality Fat Sources

10 BEST SOURCES OF FAT

1. Avocado oil
2. Beef or bison tallow
3. Cocoa butter
4. Coconut oil
5. Extra-virgin olive oil*
6. Ghee or grass-fed butter
7. Macadamia nut oil*
8. MCT oil
9. Red palm oil
10. Pork lard





What are the "wrong fats"?

POLYUNSATURATED FATTY ACIDS

- Less stable
- Prone to oxidization
- Promote inflammation



Inflammation Induced Issues

- Chronic pain
- Obesity
- ADD/ADHD
- Diabetes
- Heart disease
- Stroke
- Migraines
- Thyroid issues
- Dental issues
- Cancer

Low-Quality Fat Sources

10 WORST SOURCES FOR FAT

1. Canola oil
2. Corn oil
3. Cottonseed oil
4. Flax oil
5. Grapeseed oil
6. Safflower oil
7. Sesame oil
8. Soybean oil
9. Peanut oil
10. Vegetable oil

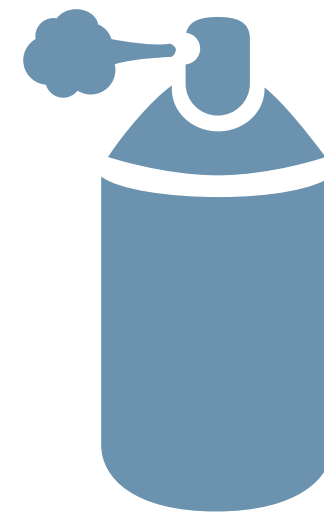


TRANS FATS ARE AMONG THE WORST
SUBSTANCES FOR OUR HEALTH THAT
WE CAN CONSUME.

Trans fats are inflammatory

3 TRANS FATS TO AVOID AT ALL COSTS

1. Hydrogenated or partially-hydrogenated oils
2. Margarine or Butter Spreads
3. Vegetable shortening





HYDROGENATED OR PARTIALLY- HYDROGENATED

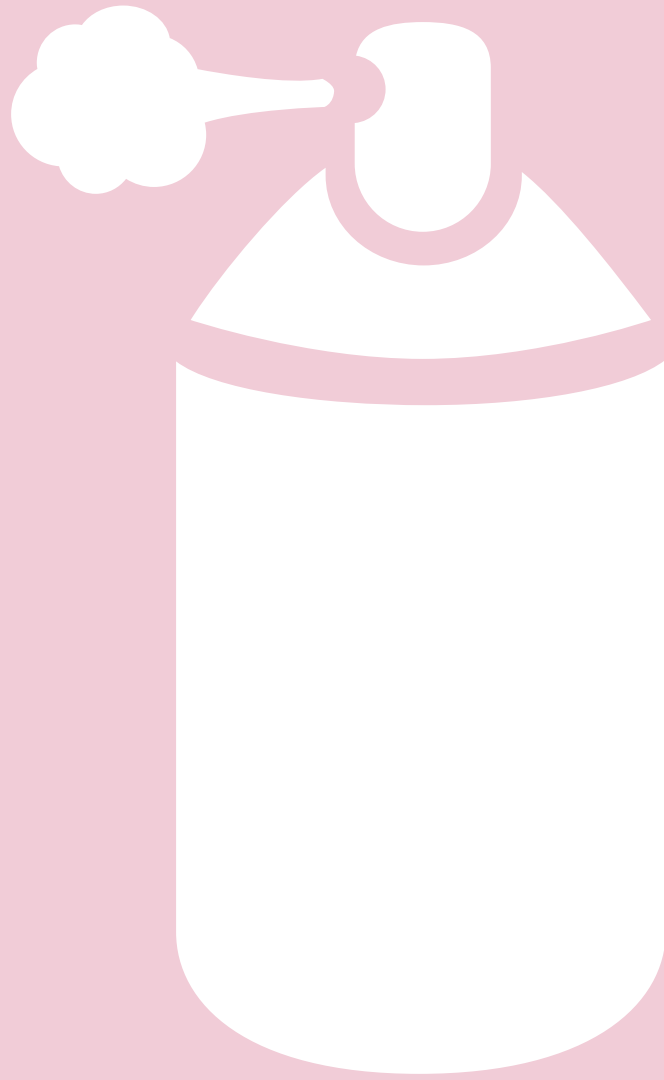
- Subject to destructive processing methods
- Contribute to insulin resistance
- Create oxidative stress in the liver



Beware!

HYDROGENATED OR PARTIALLY-HYDROGENATED OILS

- Canola oil
- Sunflower oil
- Safflower oil
- Soybean oil
- Corn oil



MARGARINE OR BUTTERY SPREADS AND SPRAYS

- Margarine undergoes hydrogenation
- Butter spreads and sprays often contain hydrogenated oils



VEGETABLE SHORTENING

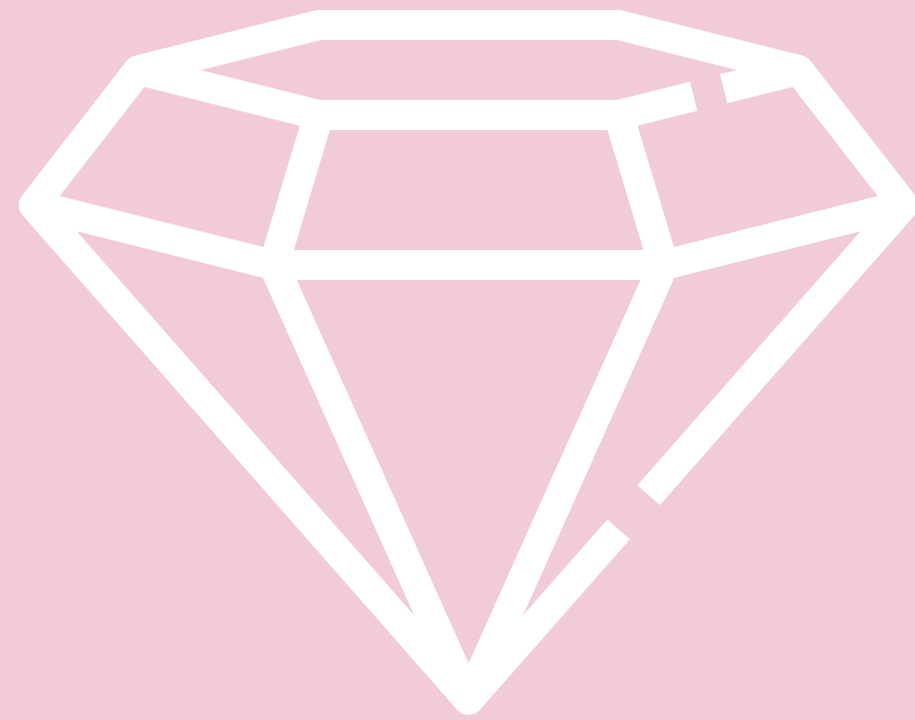
- Vegetable shortening undergoes hydrogenation
- Condensed trans fat

SKIPPING OUT ON THE HEALTHY FATS
PORTION OF THIS PROGRAM WILL
GREATLY REDUCE YOUR SUCCESS
RATE.



Cheatsheet:

Which Fats to Eat + Which to Leave



TAKE ACTION!

Welcome fat back into your diet!

- Cultivate the habit of including a healthy fat with every meal.
- Experiment with whole-fat

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