

## Oils or Not?

Many nutritionists are now recommending a complete break from oils in your diet, regardless of the type of oil. Oils are Fat. Unless you are eating a raw food diet with no plant based fats you are most likely getting more fat in your diet than is needed for a body to function correctly and be strong.

Like almost everything in our society you can now easily find diets and experts coming down on either side.

I recommend trying to eliminate as much extra oil from your diet as possible. Don't cook with it, and if you do, try to use it very sparingly. A good tool is a Misto sprayer if you are going to be using oils. It will help lighten up the amount of oil being used.

## Vegetable & Fish Oils

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In nature there are no "free" vegetable oils; all are obtained by man-made processing. These important nutrients are bound within the substances of plants and in this complex form are essential for good health. When these oils are processed free of their surrounding fibers, vitamins, minerals and other phytochemicals, they become medicines at best, and toxic at worst. Some of the common consequences of consuming these so-called "good fats," even flaxseed and fish oil, are obesity, type-2 diabetes, bleeding, immune system depression and cancer.

<https://www.drmcDougall.com/health/education/health-science/hot-topics/nutrition-topics/vegetable-fish-oils/>

### Oil. The Most Calorie-Dense Food On Earth. ...

"So while olive **oil** may be less **bad** than saturated fats and trans fats at least in terms of its impact on blood lipids, that hardly makes it a 'good' or 'healthy' addition to **your diet**."

<https://www.pritikin.com/your-health/.../eating.../1103-whats-wrong-with-olive-oil.html>

### The truth about fats: the good, the bad, and the in-between

For years, fat was a four-letter word. We were urged to banish it from our diets whenever possible. We switched to low-fat foods. But the shift didn't make us healthier, probably because we cut back on healthy fats as well as harmful ones.

The Worst Fat: Trans Fat AKA "partially hydrogenated oil."

The Almost the Worst Fat: Saturated fats are common in the American diet. They are solid at room temperature — think cooled bacon grease, but what is saturated fat? Common sources of saturated fat include red meat, whole milk and other whole-milk dairy foods, cheese, coconut oil, and many commercially prepared baked goods and other foods.

The Best of the Fats: Good fats come mainly from vegetables, nuts, seeds, and fish. They differ from saturated fats by having fewer hydrogen atoms bonded to their carbon chains. Healthy fats are liquid at room temperature, not solid. There are two broad categories of beneficial fats: monounsaturated and polyunsaturated fats.

<https://www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good>

### Olive Oil and Artery Function

The relative paralysis of our arteries for hours after eating fast food and cheesecake may also occur after olive oil. Olive oil was found to have the same impairment to endothelial function as the rest of these high-fat meals. Sausage and Egg McMuffin was the worst, but olive oil wasn't far behind.

Studies that have suggested endothelial benefits after olive oil consumption have measured something different—ischemia-induced, as opposed to flow-mediated, dilation—and there's just not good evidence that that's actually an index of endothelial function, which is what predicts heart disease. Hundreds of studies have shown that the test can give a false negative result.

But, it's not just olive oil. Other oils have also been shown to have deleterious results on endothelial function; a significant and constant decrease in endothelial function three hours after each meal, independent of the type of oil, and whether the oil was fresh, or deep fried. Olive oil may be better than omega-6-rich oils, or saturated fats, but most of the studies showing adverse effects were done on regular, refined olive oil, not extra virgin.

Extra virgin olive oil retains a fraction of the anti-inflammatory phytonutrients found in the olive fruit, and so doesn't appear to induce the spike in inflammatory markers caused by regular olive oil. But what does that mean for our arteries?

Extra virgin olive oil may have more of a neutral effect, compared to butter, which exerted a noxious effect that lasted for up to six hours—basically right up to our next meal. In the largest prospective study ever to assess the relationship between olive oil consumption and cardiac events, like heart attacks, there was a suggestion that virgin olive oil may be better than regular olive oil, but neither were found to significantly reduce heart attack rates after controlling for healthy dietary behaviors, like vegetable intake, which tends to go hand-in-hand with olive oil intake.

<https://nutritionfacts.org/video/olive-oil-and-artery-function/>