The Truth About Sugar, Salt, and Fat
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Prologue

Sugar, salt, and fat.

Sugar is pure delight, whether it’s a perfectly ripe piece of fruit, or something creamy and decadent. We love it from the day we’re born to the day we die—and for some very good reasons.

Salt is so important to our bodies that, according to the ancient historian Pliny the Elder, Roman soldiers were paid in salt (sal): this is the root of our word salary. Salt is absolutely vital to our bodies—and an acquired taste. Babies don’t normally like it although as we grow, we soon crave it.

Fat is an extremely stable, concentrated source of food energy. It plays an important role in regulating blood sugar, metabolizing vitamins and repairing cells. However, fat isn’t a particularly interesting taste. Add it to sugar or salt, though, and you can feel the pleasure center of your brain light up like a fireworks display. This neurological activity is actually visible in an MRI.

Sugar, salt, fat. We love them, we need them, and they can and should be part of a healthy, pleasurable diet.

They are also the three pillars of the processed food industry, which knows very well how they affect our brains. Sugar, salt, and heavily processed, industrial fats are very cheap. In carefully calibrated proportions, they give processed foods their “moreishness” or “cravability.” That’s industry lingo for our inability to eat just one—or anything less than the entire contents of the package. This deliberate manipulation of our natural needs is why we have a crisis of diabetes and obesity.

This report is a clear path through the thicket of misinformation surrounding these three vital ingredients. You’ll know why too much salt is bad for you, what oils are healthy, and the truth about sugar—and how you can enjoy it, while still losing weight.
Got Sugar Cravings? 4 Truths About Sugar

The bad news? Sugar addiction has become a huge health crisis in many countries. The good news? You can detox from sugar and still enjoy your favorite treats.

Here’s a quick quiz to test how much you know about sugar. Which statement do you think is true about sugar?

A. It’s so important that your body will produce glucose (your brain’s favorite energy source) from fat.
B. It can be poison when refined, concentrated, or overeaten. All of it. Even the sugar from fruit, like that fruit juice concentrate used to sweeten your “fruit snacks.”
C. It’s addictive—probably as addictive as cocaine and heroin and harder to avoid than tobacco or alcohol.
D. It can be enjoyed in moderation, and it’s pure pleasure so go ahead and enjoy from time to time.
E. All of the above

If you answered “All of the Above”, you’re right! Here’s why:

When I decided to go for the body and the life I wanted, sugar was my biggest obstacle. I knew sugar was sabotaging every goal I had for my body and my health. But when I tried to cut sugar completely out of my life because I thought it was totally evil and addictive, I had terrible cravings. As many times as I tried to go cold turkey, I’d only make it about a week or so before I gave into my cravings and binged on something, anything, sweet. There just had to be a lot of it. That much sugar made me feel terrible, literally sick. And then I’d beat myself up over it. My self-esteem was lower than...whatever’s at the bottom of the ocean. My waistline was pretty big, too.

My final attempt to deal with my sugar addiction was successful because I did some research and learned that all of the above was true about sugar. I’ve been using what I learned to help people ever since, and I’d like to share these 4 truths with you today:

Sugar Truth #1: Sugar is Good for Us

“Table” sugar is composed of two linked molecules: glucose and fructose. In the words of Dr. Robert Lustig, a pediatric endocrinologist who is one of the leading proponents of the fact that many of us eat literally poisonous amounts of sugar:
“glucose (kind of sweet, and not that much fun), and fructose (very sweet, and a whole lot of fun).”¹

Glucose is a simple sugar found in plants, and your bloodstream directly absorbs it following digestion. Glucose is a basic building block for all life, from bacteria to large mammals like ourselves to great trees. It’s also your brain’s favorite food. Your brain consumes about 20% of the calories that your body needs for basic maintenance, like digestion and breathing. And your brain prefers to get those calories from glucose.

Sugar Truth #2: Sugar Can Be Poisonous
Sugar, especially fructose, which is processed only in the liver, used to be extremely rare in the human diet. But now sugar, especially fructose, is a large part of our basic diet. So are refined carbohydrates, like white flour and potatoes (French fries) that the body easily converts to sugar.

To make matters worse, fructose has been hijacked to produce an artificial, super-concentrated sweetener known as “high-fructose corn syrup,” increasingly found in processed foods and beverages—even those considered “healthy”. High intake of high-fructose corn syrup has been linked to obesity and obesity-related disease, such as type 2 diabetes, high blood pressure, heart attacks, and more.²

Sugar is high-octane fuel and high blood sugar levels cause damage to your body and brain. When you eat anything that can be broken down to sugar, your body produces insulin to process that sugar for your body to use. And because high levels of blood sugar are toxic, your body is designed to store as much of the excess sugar as fat, rather than burn it as energy.

Overconsumption of sugar coupled with overweight can spell disaster: your cells can become increasingly resistant to insulin, forcing your pancreas to pump out more and more. This both makes it harder to lose the excess weight and ultimately overulates and exhausts the pancreas—at which point, your blood sugar can no longer be controlled. This condition is known as type 2 diabetes. But sugar doesn’t just make us fat and develop diabetes. The extra

insulin your body secretes due to insulin resistance has been shown to promote tumor growth, or cancer. Another hormone, literally called insulin-like growth factor, also promotes tumor growth.3 “The cancer story is very early,” says Dr. Lustig, “But we know that sugar drives insulin resistance, and insulin resistance drives cancer,” he told Men’s Journal in an interview.4

Sugar Truth #3: Sugar is Addictive
Sugar is genuinely addictive. Sugar lights up the same pleasure receptors in our brains that cocaine does—and in laboratory studies involving rats, the rats tend to prefer sugar and other sweet rewards to cocaine.5 And the more sugar we eat, the more we have to eat to make our brains feel good. Trying to reduce the amount of sugar in your diet (if you do it the wrong way) can lead to acute cravings—AKA withdrawal symptoms. This is a classic sign of sugar addiction.

Sugar Truth #4: You Can Enjoy Some Sugar
The problem is not the teaspoon of sugar in your coffee. And it’s not the small slice of homemade cake that you occasionally enjoy. The problem of sugar addiction is caused by the excessive amounts of sugar that we are accustomed to eating from processed foods. Once you know how to avoid this sugar (and yes, it’s incredibly hard to find it all!), you will know that you CAN enjoy some sugar without gaining weight or endangering your health.

Now here’s a very scary statistic that shows just how deep our modern sugar addiction goes:

The Average American Consumes 152 Pounds (69 kg) of Added Sugars...Every YEAR!6

In the UK, the numbers aren’t much better, with 109 lbs. (49.5 kg) of added sugar consumption every year.

And Australians consume 117 lbs. (53 kg) of added sugar every year.

Those numbers are even higher in teenagers.

Now, contrast that to the World Health Association’s recommended maximum daily amount of ADDED sugar (including natural-sounding sugars like “fruit juice concentrate”):7

25 grams per day, which comes out to about 6 teaspoons. That’s all!

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We don’t have to imagine what all the extra sugar is doing to us: the explosion of obesity and diabetes all around us, coupled with our own expanding waistlines, is entirely visible.

So Where is All This Sugar Hiding?
Well, if you check the labels on your juice (40 grams of sugar per cup), vitamin water (30 grams of sugar per cup), and even high-bran breakfast cereal (24 grams of sugar per cup), you’ll find things like:

- Agave nectar
- Beet sugar
- Cane juice
- Coconut sugar
- Corn syrup (including high-fructose corn syrup)
- Grape sugar
- Honey
- Juice concentrate
- Maple syrup
- Molasses
- Palm sugar
- Rice syrup
- Wood sugar
- Yellow sugar

These Sugars are in Many Foods You Don’t Expect, such as...
...foods that aren’t sweet, like crackers and tomato sauce. They can be found in shockingly high amounts in “natural” foods, even those granola bars you picked because there were no chocolate chips in them—but didn’t know they had so much “honey” and “maple syrup” you might as well have eaten a candy bar. The same goes for many reduced- or low-fat versions of sweets, to which extra sugar is added to make up for the difference in taste. Because it doesn’t matter how healthy it sounds, it’s still sugar.

These foods are designed to make you crave them, which causes a blood sugar spike and then a sharp crash, which only makes you crave more.

And when many of us are struggling valiantly to watch our weight and eat all kinds of “low-fat,” “healthy” foods... when unhealthy, processed foods are cheap and available... when nearly 70% of us are overweight or obese and... when a rising incidence of diabetes means our children are likely to be the first generation with shorter lives than our parents...
It’s not us. It’s not our genes and it’s not our will power and it’s not our lack of individual responsibility that got us here.

It’s not your fault.

And now that you know the truth, you can take steps to break your sugar addiction...

**Without Giving Up Sweets!**

Freeing yourself from the processed sugar addiction doesn’t mean never eating sugar again. Let me explain.

What you should begin to cut out from your diet is processed sugar. Unprocessed sugar, like in fresh fruit, is the good stuff that you need—and it’ll help you detox from the harmful processed sugars.

**How to Detox from Sugar**

This is how I successfully detoxed from sugar after all my failed attempts—and it was the first step in losing 75 pounds—and keeping them off. (If you’re a diabetic, consult your doctor before going any further.)

Some of you may want to go cold turkey, others may have more success if you do this gradually. Choose whatever works for you.

1. Get rid of any food or drink with any form of sugar in it: the suffix –ose indicates it’s a sugar. *And when it comes to sugar, juice is no better for you than soda.*
2. Get rid of any food or drink with artificial sweeteners in it: the sweet taste primes your brain to want more sweet things but the lack of calories tells your brain to slow your metabolism. *Not what you want.*
3. Get rid of all refined carbohydrates, such as breads and bagels from processed flour, which the body readily converts to blood sugar, and often have sugar added to them. *Breads from 100% whole grain and sprouted whole grain flour and unrefined carbs such as brown rice, hulled barley and steel-cut oats are fine.*
4. Stock your house with healthy, whole, unprocessed food. Make sure you have an ample supply of whole, fresh fruit and healthy proteins like milk and vegan cheeses and yogurts (full-fat, please, pastured if you can) as well as nuts and nut butters and spreads. *Proteins actually tame sugar cravings, and “good” fats can help subdue the bad effects of sugars.*

The Trim Down Club helps make this process easier by giving you customized weekly menus, so that you know exactly what you need to eat to lose weight and get healthy.

**5 Steps to Enjoy Good Sugar**

Once you’ve cut back on the unhealthy processed sugars, you can enjoy sweets in a healthy way by following these tips:
1. Never skip meals. A craving is much, much easier to handle when you’re not hungry.
2. Breakfast, especially, should begin with protein. An example could be oatmeal with eggs and a piece of fruit.
3. Drink water all day long: this helps regulate your appetite and reduces your cravings.
4. When you have a craving, eat a serving of fruit paired with some of the healthy fats and proteins mentioned above: cheese, yogurt, nuts, nut butters. When you combine the fruit with the fat and the protein, you will get an extended release of the sugar your brain needs.
5. Keep a diary or journal about your cravings. If you routinely have cravings because you’re stressed, find an enjoyable way that is also good for your body to manage that stress: take a walk, climb stairs. If you’re bored, tend to your knitting, read a book or take a long, hot soak. Always distract yourself with something you enjoy.

Sweets as Pleasure, not Addiction
I encourage people to go 2 weeks (3 is better) before taking the next step, which will work for some people, not others.

After 3 weeks, have a sweet treat you enjoy once or twice a week. (Do not make the mistake of keeping treats in the house. You will eat them—probably very quickly.) Keep setting yourself up for success by making an occasion of these treats: share a slice of cheesecake and some fruit with your special someone. Go to a nice little ice cream shop and have a cone of something you totally enjoy. Enjoy a really decadent something from your favorite bakery.

This sugar detox plan works for one simple reason. You’re in control. This is the exact opposite of every deprivation diet you’ve ever been on. For many of us, those diets end with a binge that makes us feel physically sick because all that sugar’s so hard on our body. And then we often feel disgusted and ashamed and out of control. If that’s happened to you, now you know why.

It’s Not a Diet, It’s Being Good to Your Body
Everything about this sugar detox program is about being good to your body.

Here at the Trim Down Club, we are against restrictive dieting: calorie counting, deprivation, hunger, exhausting exercise. If you want to lose the weight that all this hidden sugar has forced your body to gain, doing these things to yourself will probably not lead to long-term weight loss but probably will cause rebound weight gain.

Detoxing from sugar helps your body reset your metabolism and insulin response patterns so you can lose weight if you want to. When you start eating the right
amounts of nourishing proteins, healthy fats and good carbs at the right times and in the right combinations, your body can shed weight like you’ve never experienced before.

**Enjoy Great Food Without Spending Hours in the Kitchen**

The food and beverage industry spends billions trying to convince us that we can’t live without their products, but that’s not true. And while changing the way we eat can seem overwhelming at first (I felt that way myself), I can tell you from experience that it gets much easier the more you do it—especially if you have help and support along the way.

The Trim Down Club offers that support and much more, with tons of great recipes, a fool-proof menu planner to take all the guesswork out (and give you the foods that you love), and all the information and tools you need to get the body you want and the health you deserve.
Why Too Much Salt is Bad For You

You hear all the time that we as a society eat far too much sodium in our diets. You may wonder what the big deal is and why too much sodium can possibly be bad for you. Though you always hear you should reduce your sodium intake, it helps to know exactly why. The truth is that there are some undesirable short term consequences as well as the long term drawbacks. You can see the results in the short term by having just one meal that contains too much sodium. In addition the long term health problems are probably more than you bargained for. So the next time you pick up that salt shaker think about the implications of adding too much sodium to your food.

You Retain Water and Get Bloated
Your body needs a certain level of sodium to function properly, that much is true. However when you get too much salt into the body things start to freak out a bit. Have you ever had a meal that was loaded with salt and then felt completely bloated afterwards? It’s not just your imagination as that really does happen when too much sodium enters the system.

Your body can’t deal with the excess salt and so to compensate it tends to overcompensate by pulling in more water. The more salt that you eat the more water that you retain to deal with this substance being present. The short term and very noticeable result is that you feel bloated. You notice this in belly fat and may even notice because your clothes feel tighter than they did before the excess salt consumption. This is only the short term result!

Your Organs Work Harder
Sodium attracts water and that’s why your body reacts by retaining it. The bigger problem however is that when the sodium attracts water that leads to an increased blood volume. Your body retains water, your blood volume increases, and this isn’t good at all. This not only means water retention in the form of bloating but also blood that is not operating at optimal levels.

Since the blood is watered down so to speak you will also find that this is taxing on the organs. When the blood is not in the form that it should be, this leads to the heart having to work harder to support this activity. This means increased blood pressure which is a known condition for a diet too high in sodium. Then it all boils down to the long term health issues, as if the shorter term ones aren’t bad enough!
You Risk Developing Serious Health Problems

The most notable problem with too much sodium in the diet is hypertension, or high blood pressure. This is often a condition that doesn’t develop until later on in your life and is associated with prolonged and excess sodium consumption. It gets even worse though because if you keep up with that increased sodium consumption you put yourself at risk for far worse such as heart disease, kidney failure, stroke, and even congestive heart failure.

Granted these more serious conditions don’t usually occur until later on in life. However knowing that these are possibilities should most certainly force you to take a long hard look at what you are eating. Too much sodium doesn’t just hurt you in the short term, but it also puts your health at great risk later on as well. Put down the salt shaker, use herbs for seasoning, and learn how to balance out sodium consumption to a healthy level for now and the future.
Here’s why you need to eat fat (the right ones, of course) in order to burn fat. A guide to making healthy oil choices that clears up all the confusion.

Olive oil? Coconut oil? What about canola? Which oils are really healthy and which ones are bad for you, even dangerous? Read on to find out...

**Why Do We Need Oil?**

Despite what the “low-fat diet” folks might say, we need fat in order to function. In fact, 20-30% of our calories should come from fat. (Just to be clear, we are talking about edible fats in the food you eat, not fat cells in your body). Edible fat is a very stable energy source, and it is a component of hormones and cell membranes and compounds that regulate blood pressure and the blood’s clotting system. Edible fats also help dissolve fat-soluble vitamins, such as vitamins A, D, and E, so they can be absorbed into the bloodstream.

Fats consist of triglycerides (three fatty acids) associated with an alcohol called glycerol. The body breaks down the triglycerides into glycerol and into fatty acids and releases them into the blood to be absorbed into cells, where they generate energy for the body, are incorporated into special compounds, or are stored as body fat.

Eating too much fat, however, can contribute to weight gain. Fats that are not efficiently absorbed into cells accumulate in the blood, where they can fall prey to free radicals or cause obstructions, increasing the risk of cardiovascular disease.

This is an issue that’s confusing for many people, so let’s set the record straight.

**Saturated vs. Unsaturated Fat**

There are two kinds of dietary fat: saturated and unsaturated.

Saturated fats are solid at room temperature, while unsaturated fats are fluid at room temperature. Examples of foods containing saturated fats: dairy, beef, pork, and poultry skins. Unsaturated fats can be found in foods such as chicken, turkey, fish, and of course, various oils.
Saturated fats have been linked to high cholesterol, atherosclerosis, and cardiovascular disease, while unsaturated fats are a mixed bag, though with primarily positive health associations.

Therefore, eating fish, poultry, and vegetarian options (containing unsaturated fats), are preferred over the saturated fat options.

When eating meat, it is recommended to ensure it is the leanest possible and “grass-fed,” as grass increases the content of healthier fats.

Oils from most vegetal sources are good sources of unsaturated essential fatty acids.

Among the very important vitamins that the body receives from the vegetal oils is vitamin E, which is one of the strongest antioxidants. Like the other antioxidants, vitamin E also neutralizes the free radicals produced freely by the body’s oxygen, or the ones we get exposed to in our environment. It is sometimes added to unsaturated oils to protect them from spoiling.

When unsaturated fat spoils, is cooked at extra-high heats, or undergoes processing such as hydrogenation (solidification), the molecular structure of the fat changes, and parts of it turn into trans-fats.

Trans-fat tends to accumulate on the walls of blood vessels, and research has shown that it increases the LDL (bad cholesterol) levels and increases the risk for chronic diseases such as heart disease, diabetes, asthma, and allergies.

**Omega-3, Omega-6, and Omega-9 Fatty Acids**

There are 3 main types of fatty acids.

Omega-3 unsaturated fatty acids are important in every stage of our lives, particularly in fetal and infant development, brain activity, cognitive flexibility, and memory, as well as in cardiac health.

Omega-9 fatty acids are the most stable of the unsaturated fats, protective against oxidative and inflammatory processes in the body.

Omega-6 fatty acids are considered better than saturated fats in protecting heart health, but the modern western diet provides far too much, mostly from processed foods, resulting in imbalances.

A good ratio between dietary omega-3 and omega-6 fatty acids is considered to be around 1:5, while in common western diets the ratio is usually 1:20. This may increase the risk of chronic disease, including cardiovascular, cancer, and others.

Research has suggested that omega-3 fatty acids can protect brain function even into advanced age, helping to prevent diseases such as Alzheimer’s and dementia.
The best sources of omega-3 fatty acids are coldwater/saltwater fish and fish oil capsules, flaxseed and oil, and fortified eggs.

Extra-virgin olive oil is an excellent source of both omega-3 and omega-9 fats, as well as antioxidants, and is considered a gold standard of oils. It is great for all types of use, including seasoning and frying. In general, some vegetal oils are generally intended only for seasoning, while some can be used for cooking if they undergo high-quality purification (see tables below).

**Which Oils to Choose?**

First prize for healthiest oil goes to olive oil, followed by organic canola (rapeseed) and flaxseed oils rich in omega-3 fatty acids, avocado oils, and nut oils such as macadamia, almond, and hazelnut rich in monounsaturated fats, though these tend to be much more expensive.

Other recommended oils include camelina, hemp seed, certain modified seed oils such as high-oleic (high omega-9) safflower and sunflower oils.

Common oils highest in omega-6 fats include “vegetable,” soy, corn, cottonseed and regular sunflower and safflower oil, and are the least recommended for frequent use.

As for coconut oil, it’s currently garnering attention for its higher medium-chain triglyceride (MCT) content, which may raise HDL (“good”) cholesterol levels, as well as benefit certain digestive and neurological conditions.

Try to get a diverse array of healthy oil sources, like almonds and other nuts and seeds, avocado, tahini, or fatty fish such as tuna or salmon, accompanied by a few teaspoons of other oils i.e. in cooking, dressings, or sauces.

If the diet does not supply the body’s needs for important fatty acids, supplements may provide a back-up source. Because of the high levels of omega-6 fats in the modern western diet, oils that yield higher omega-3 and omega-9 levels are considered preferable.
## Composition and Use of Selected Common Oils

<table>
<thead>
<tr>
<th>Name</th>
<th>Use</th>
<th>Monoun-saturated gm/100ml</th>
<th>Polyun-saturated gm/100ml</th>
<th>Saturated gm/100ml</th>
<th>Vitamin E mg/100ml</th>
<th>Phyto-sterols mg/100ml</th>
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<tbody>
<tr>
<td>Extra-Virgin Olive&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Seasoning, low-temp cooking</td>
<td>73</td>
<td>12</td>
<td>15</td>
<td>14</td>
<td>203</td>
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<tr>
<td>Low-Erucic Rapeseed ('Canola')&lt;sup&gt;2&lt;/sup&gt;</td>
<td>All uses</td>
<td>59</td>
<td>35</td>
<td>6</td>
<td>23</td>
<td>603</td>
</tr>
<tr>
<td>Corn</td>
<td>Seasoning, cooking</td>
<td>29</td>
<td>57</td>
<td>14</td>
<td>13</td>
<td>891</td>
</tr>
<tr>
<td>Sunflower&lt;sup&gt;3&lt;/sup&gt;</td>
<td>Seasoning, cooking</td>
<td>27</td>
<td>62</td>
<td>11</td>
<td>55</td>
<td>100</td>
</tr>
<tr>
<td>Soy</td>
<td>Seasoning, cooking</td>
<td>24</td>
<td>60</td>
<td>16</td>
<td>12</td>
<td>270</td>
</tr>
<tr>
<td>Peanut</td>
<td>All uses</td>
<td>48.5</td>
<td>33.5</td>
<td>18</td>
<td>14.4</td>
<td>190</td>
</tr>
<tr>
<td>Sesame</td>
<td>All uses</td>
<td>41.5</td>
<td>43.5</td>
<td>15</td>
<td>1.3</td>
<td>796</td>
</tr>
<tr>
<td>Rice Bran</td>
<td>All uses</td>
<td>41.8</td>
<td>37.2</td>
<td>21</td>
<td>30</td>
<td>1095</td>
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<tr>
<td>Walnut</td>
<td>Seasoning only</td>
<td>24</td>
<td>66.4</td>
<td>9.6</td>
<td>0.4</td>
<td>162</td>
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<tr>
<td>Flaxseed&lt;sup&gt;4&lt;/sup&gt;</td>
<td>Seasoning only</td>
<td>21</td>
<td>69</td>
<td>10</td>
<td>16.1</td>
<td>334</td>
</tr>
<tr>
<td>Wheat Germ</td>
<td>Seasoning only</td>
<td>16</td>
<td>64</td>
<td>20</td>
<td>137</td>
<td>509</td>
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<td>Safflower&lt;sup&gt;3&lt;/sup&gt;</td>
<td>Seasoning, cooking</td>
<td>15</td>
<td>78</td>
<td>7</td>
<td>31</td>
<td>408</td>
</tr>
</tbody>
</table>

1: Preferred  
2: Preferred if organic  
3: High-oleic types are preferred

### 5 Tips for Cooking With Oils

1. Store your oil in a cool, dark place, or even in the fridge if you live in a warm climate. Dark bottles are better.

2. If you are cooking in a pan, use a minimal amount of oil and the lowest heat possible.

3. The “smoke point” is when the oil starts to release smoke, which means that it now contains free radicals which are harmful for your health. Choose oils with higher smoke points (see the chart below).

4. Don’t heat your oil above 360° F (180°C) Best to fry food in a temp between 280-360°F and up to 5 minutes per side.

5. Start cooking only after the oil has properly heated, but before it smokes, so that the minimum amount is absorbed into the food. Put a wooden spoon into the pan. When bubbles form on the spoon, it’s time to put the food in the pan. When the oil starts smoking, time to take out the food and dispose of the oil.
The following table details the smoke points of various oils, as well as their “recommended” cooking uses – note that deep-frying is not considered a healthy method, and is not recommended in the Trim Down Club:

<table>
<thead>
<tr>
<th>Oil Source</th>
<th>Traditional Uses</th>
<th>Main Fats</th>
<th>Smoke Point</th>
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</thead>
<tbody>
<tr>
<td>Hazelnut&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Seasoning, marinating, baking</td>
<td>Monounsaturated</td>
<td>221°C, 430°F</td>
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<tr>
<td>Walnut</td>
<td>Light frying, deep frying, grilling, roasting</td>
<td>Monounsaturated</td>
<td>204°C, 400°F</td>
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<tr>
<td>Peanut</td>
<td>Frying, cooking, seasoning</td>
<td>Monounsaturated</td>
<td>232°C, 450°F</td>
</tr>
<tr>
<td>Palm</td>
<td>Cooking, seasoning</td>
<td>Saturated</td>
<td>230°C, 446°F</td>
</tr>
<tr>
<td>Olive&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Seasoning, light cooking, Seasing, cooking, deep frying, grilling, roasting, baking</td>
<td>Monounsaturated ExtraVirgin 160 Virgin 216 ExtraLight 242</td>
<td>320°C, 420°F, 468°F</td>
</tr>
<tr>
<td>Grape Seed Butter</td>
<td>Light frying, frying, seasoning</td>
<td>Polyunsaturated</td>
<td>200°C, 392°F</td>
</tr>
<tr>
<td>Clarified Butter (Ghee)</td>
<td>Cooking, baking, seasoning</td>
<td>Saturated</td>
<td>177°C, 350°F</td>
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<tr>
<td>Sunflower&lt;sup&gt;3&lt;/sup&gt;</td>
<td>Cooking, producing margarine, seasoning, to make crispy dough</td>
<td>Polyunsaturated</td>
<td>232°C, 450°F</td>
</tr>
<tr>
<td>Cottonseed</td>
<td>Producing margarine, seasoning, frying, to make crispy dough</td>
<td>Polyunsaturated</td>
<td>216°C, 420°F</td>
</tr>
<tr>
<td>Coconut&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Seasoning, cooking, baking, confectionery</td>
<td>Saturated</td>
<td>177°C, 350°F</td>
</tr>
<tr>
<td>Low-Erucic Rapeseed (‘Canola’)&lt;sup&gt;2&lt;/sup&gt;</td>
<td>All uses, including cooking and seasoning</td>
<td>Monounsaturated</td>
<td>204°C, 400°F</td>
</tr>
<tr>
<td>Animal Fat</td>
<td>Cooking and frying</td>
<td>Saturated</td>
<td>182°C, 360°F</td>
</tr>
<tr>
<td>Sesame</td>
<td>Cooking, seasoning</td>
<td>Polyunsaturated</td>
<td>232°C, 450°F</td>
</tr>
<tr>
<td>Almond&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Light frying, stir frying</td>
<td>Monounsaturated</td>
<td>216°C, 420°F</td>
</tr>
<tr>
<td>Corn</td>
<td>Frying, seasoning, to make crispy dough</td>
<td>Polyunsaturated</td>
<td>232°C, 450°F</td>
</tr>
</tbody>
</table>

1: Preferred  
2: Preferred if organic  
3: High-oleic types are preferred  

Source: Cooking for Engineers<sup>SM</sup>.  

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The Truth about Sugar, Salt, and Fat | 18
Sugar, salt and fat: three things we need and can and should enjoy. And that Big Food uses to make us eat more—far more—than we intend to.

Losing the weight we want to, so we look better, feel better, and are healthier means eating real food, not something that comes out of a bag, box, or can and gets its color, taste, and scent from sugar, salt, fat, “added flavors” and added coloring.

The Trim Down Club is here to help you make the right food choices so that you can reach all of your goals.

To delicious, healthy living!