

The Truth About: FATS

OMEGA 6:3 Ratio

This critical ratio is best when closest to 1:1, as our ancestors ate.

Larger 6:3 ratios lead to inflammation in your body, Western diets are 20:1, indicating excess omega-6s.

Grain fed beef (9:1) vs Grass-fed Beef (2:1) *[1]

Increased eating of omega-3, is shown to reduce risks of cardiovascular disease, inflammation and autoimmune diseases.

Long-chain omega-3s: DHA & EPA

Obtained through diet, we don't make them in our body.

DHA is absolutely necessary for brain health + function, it is used structurally in your retinas & skin, and is heart health by reducing blood triglycerides & inflammation.

EPA is used in the body to reduce inflammation, depression and aid with hot flashes.*[2]

Vitamin A

Fat soluble vitamin that slows age related vision loss. Necessary for cellular growth and development. Used in the production + function of white blood cells, and mucous membranes, our natural immune system defenses. Necessary for bone growth and strength, reducing risk of fractures. Essential in reproductive health & fetal development.[3]

Vitamin E

Fat soluble supporting Strong Immune system, oxidative stress prevention through anti-oxidizing properties. It neutralizes free radicals. It is crucial for cell signaling and correct immune system functioning. [4]

Polyunsaturated (PFUA) vs Saturated (SFA)

Fat aids in Vitamin absorption, it's a fuel source, plus it's a building block for our cell walls & myelin sheaths that protect our nerves.

PFUAs like omega-3 & 6 are heart healthy when in a balanced ratio. The ratio of good PFUAs to SFAs increases for animals raised on pasture, this is a very good thing! [5]

New studies suggest SFAs are okay in moderate amounts, but the bulk of your fats should be from PFUAs. [6][7]

Sources:

1. <https://practicalfarmers.org/research/carcass-characteristics-meat-quality-and-fatty-acid-composition-of-100-grass-fed-beef/#:~:text=on%20average%20the%20omega%20d6,around%2020%3A1%20or%20higher.>
2. https://www.healthline.com/nutrition/3-types-of-omega-3#toc_title_hdr_9
3. https://www.healthline.com/nutrition/vitamin-a-benefits#toc_title_hdr_7
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