

# Macronutrients

## The Foundations of Optimal Health

### Not All Fats Are Created Equal...

- Unhealthy hydrogenated and trans fats found in overly processed foods at the supermarket.
- Look out for **"hydrogenated"**, **"partially hydrogenated"** or **"mono and diglycerides of fatty acids"** vegetable fats in the ingredient list on food packaging. These are cheap types of fats and are usually found in foods like, doughnuts, biscuits, salad dressings, cakes, crisps and chips.
- These altered fats can:
  - affect absorption of healthy versions of polyunsaturated fats found in nuts and seeds
  - negatively affect cholesterol levels
  - affect membranes of the brain cells

