

## Does eating fat make you fat??


Eating kilojoules - from carbohydrates, proteins, alcohol or fats - in excess of what the body is using up, will ultimately be stored as fat if they are not burnt off. *So it's not just eating fat that's makes you fat.*

Fat doesn't get off that easily though. Gram for gram, there is over double the energy in fat than what is in carbohydrate or protein so total daily kilojoule requirements can be quickly met with fat – large portions and fatty foods are the main reason why unwanted weight gain can occur.

### Types of fat


Fats are an important part of the diet and are essential for cell structure and hormone function as well as assisting the transport and absorption of fat soluble vitamins. There are different types of fats, all of them provide the same amount of energy per gram but they have a very different impact on the body. Saturated fats are 'bad fat,' they form a solid sludge that can sit in the arteries and block blood flow and nutrient delivery to working muscles. Unsaturated 'good fats' are the better types of fat to consume as they can be beneficial for heart health and blood flow.

#### Unhealthy saturated fats



- Cream or creamy dressings
- Butter / oil
- White fatty parts on meat
- Chicken skin
- Sausages and processed meat
- Deep fried foods
- Biscuits and cakes
- Chips

#### Better unsaturated fats



- Avocado
- Almonds / walnuts
- Olive Oil
- Fish oil / omega 3

### Fat as fuel

There is a maximum amount of carbohydrate the body can store as glycogen to be the primary fuel source. Once this fuel tank is depleted the body moves to a new fuel reserve which means fat stores can be called on in smaller amounts, mostly in sub maximal activity.

Too much of any fat eaten just before and around exercise cannot be broken down fast enough to fuel short duration, high intensity activity. Fats take time to break down and can not provide a rapidly available fuel source meaning if you eat them during training you may not get the energy you need for consistent performance. Fatty meals can lead to lethargy and feelings of low energy levels which are not suitable going into competition or training.

### Putting on the right weight - Kg's vs Skin folds

Measuring body fat through skinfold measures helps to determine if changes in body weight are from fat or lean muscle tissue. Increasing strength and muscle mass without increasing body fat can occur a lot more effectively with a balance of meal timing of protein and carbohydrate based meals and reducing extra fats in the diet.

Fatty foods, take away, alcohol and over eating any food can increase skin fold millimeters and put on dead weight which can make it harder to train. Only fuel the activity that is being done so excess kilojoules aren't left on the body as body fat stores.