

**SleepApneaWeightLoss**

*Weight Loss Tips and Advice for People With Sleep Apnea*

**The Ultimate 3-Month  
Program to :**  
Cut fat , Boost energy &  
Eliminate Your Sleep Apnea

**Lesson #5:  
Healthy Fats**

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[www.SleepApneaWeightLoss.com](http://www.SleepApneaWeightLoss.com)

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# Foreword

It's a fact: "fats" get a bum rap in the media. But did you know that not all fats are created equal? It's true! In fact, fat is necessary in every diet.

In this week's lesson we describe the different types of fats, and how "healthy fats" should be included in your diet. We've also included lots of delicious and nutritious recipes!

*So let's get going!*

**Note:** Download links for previous lessons will be at the close of each PDF file, in case you missed or misplaced an earlier edition.

# Healthy Fats

It's about time- fat phobia is out of fashion! It's time to enjoy the flavor and satisfaction fat provides as part of a balanced diet. Fats are an essential component of healthy meals and necessary for good health. Our body requires fats for healthy cell membranes, nervous system function, heart health, and to modulate inflammation.

Not only are fats necessary, they add flavor and texture to foods and help you feel satisfied! "Balanced" is the key word here, fat intake should be moderate and part of a varied, generally healthy diet. Focus on healthy fats in reasonable portions.

## Guidelines

*(based on a 2000 calorie diet, equal to the Daily Value on food labels)*

- Fats are the most calorie-dense of foods, supplying 9 calories per
- 25-30% of total calories should come from fat. This is about 600 calories and 66 grams of fat.
- Less than 10% of this should come from saturated fat, 200 calories and 22 grams
- Consider your daily "fat budget" and spend it on healthy fats!

## General Tips

- Aim to keep a healthy balance between omega-6 and omega-3 fatty acids. 4:1 is an ideal ratio; the typical modern ratio is 20 to 30:1! Too many processed vegetable oils (omega-6) can encourage inflammation.
- Avoid *hydrogenated oils* and artificial trans-fats! Many processed foods from deep-fried items to microwave popcorn contain trans-fats. According to the FDA, products with less than 0.5grams/serving can label their product "0 grams trans-fat"! Read the ingredient list thoroughly. If you avoid processed foods you can avoid artificial trans-fats.
- Fats are very sensitive and easily destroyed by heat and light. Buy cold-pressed oils in dark glass. Store away from heat sources and ideally in the refrigerator.

## Types of Fat

### Polyunsaturated Fats

These oils are liquid at room temperature and in the refrigerator

Omega-3 and omega-6 fatty acids are known as EFAs (essential fatty acids); they cannot be made in the body and need to be obtained through the diet.

Omega-3 fats are anti-inflammatory. Deficiencies are common; they are not as prevalent in the diet as omega-6. The long chain omega-3 fatty acids, EPA and DHA, are the most potent anti-inflammatory EFAs

- The body has varying degrees of efficiency in converting some of the shorter chain omega-3s (such as those found in flax and walnuts) to the longer chain ones (EPA, DHA)
- Long chain omega-3s, EPA and DHA, are only available from fish, shellfish, seaweeds, and eggs from chickens fed flaxseed.
- Omega-6 fatty acids are primarily sourced from vegetables and are found in oils, nuts, and seeds. In excess, these can lead to inflammation and heart disease.

### Monounsaturated fats

- Liquid at room temperature and solid in the refrigerator
- Monounsaturated fats provide valuable nutrients such as vitamin E and selenium; they help prevent and treat chronic disease.

### Saturated Fat

- Saturated fats are usually solid at room temperature. These fats are very stable and not easily destroyed by heat; they can generally be used in high heat cooking.
- These are probably the most controversial of all the fats they have been implicated in high cholesterol, heart disease, and cancer. However, they have also been shown to have certain health promoting properties.
- It is important to consider that because saturated fats are the most stable, they are the least likely to be damaged. This is especially important in the cell membranes. Saturated fats can stabilize cell membranes and should be included in the diet, though not in excess.
- Saturated fats are found in meat, milk products, butter, eggs, cocoa butter, palm kernel oil, and coconut oil.

## Sources

- **Omega-3**: flax seeds, oat and wheat germ, walnuts, brazil nuts, pine nuts, pecans, and hemp and chia seeds , fish and seafood (salmon, anchovies, sardines, herring, tuna, whitefish, halibut, shellfish, roe and caviar), “grass-fed” beef, tofu and soybeans, mung and kidney beans, vegetables (purslane, spinach, leafy greens, endive, cauliflower, broccoli, leeks, pumpkin and squash, sea vegetables) and certain enhanced foods (omega-3 eggs, milk, buttery spreads and dressings).
- **When using nuts as a source of omega-3s**, take into account that they also have a fairly high omega-6 content. Enjoy nuts, but eat plenty of flax, chia, and hemp seeds, seafood, seaweed, and vegetable sources of omega-3 fats. They have the most favorable omega-6: omega-3 ratios.
- **Monounsaturated fats**: olive oil, canola oil, hazelnut, almond, avocado. Olive oil has been popularized by the incredible health benefits of the Mediterranean diet. Cold-pressed extra virgin olive oil should be the primary oil of choice. Use it for low heat cooking and as a dressing on raw or lightly steamed vegetables. Choose a cloudy and green-colored olive oil, these will have higher antioxidant content but are best used cold or at lower temperatures.
- **Saturated fats**: hold up well to heat and can be used for cooking. Sources are coconut and palm oil, cocoa butter, meat, and dairy products.

## Cooking

- Some oils are not stable enough for cooking. All oils, when heated past their “smoke point” can oxidize and become unhealthy. High oleic vegetable oils (safflower, sunflower) hold up well to high heat.
- Unrefined oils are known as ‘salad oils’ and have a lower smoke point: unrefined walnut and olive oil, for example. They can be used in dressings, marinades, sauces, or light cooking. Unrefined safflower oil can be used for high heat cooking.

**Cold preparation- Below 212°; do not heat**

- Flax and hemp seed oils, unrefined olive oil

**Low Heat Cooking - Below 320°; light sautéing, baking, dressings**

- Pumpkin seed and extra virgin olive oils

**Medium heat cooking - Below 375°; sautéing, wok cooking, baking**

- Butter, canola, coconut, corn, sesame, grapeseed, peanut, macadamia, almond, and walnut oils.

**High heat cooking - Below 500°; browning, frying, baking**

- High oleic sunflower and safflower oils, soybean, rice bran, avocado, hazelnut, and peanut oils, ghee (clarified butter)

**Calorie and Fat Budget**

If your calorie goal is 1600 total calories, you would calculate about 480 calories coming from fat (30% of 1600= 480)

- 480 calories coming from fat is about 53 grams ( $480/9=$  **53 grams total fat**).  
Saturated fat grams should be 30% of your total fat grams.
- 16 grams of fat from saturated fat (30% of 53=**16 grams saturated fat**)
- 37 grams of the poly- and mono-unsaturated fats ( $53-16=$ **37 grams other unsaturated fats**).

Look at your meal planning guideline from last week. Calculate your fat allowance for the day:

Total calories \_\_\_\_\_  
30% of total calories = \_\_\_\_\_ calories from fat  
Calories from fat /9 = \_\_\_\_\_ total grams of fat  
30% of total calories from fat = \_\_\_\_\_ calories from saturated fat  
Calories from saturated fat/9 = \_\_\_\_\_ grams of saturated fat

## Keep in mind that fat in your diet will come from fat servings, meat and proteins, and dairy products.

Think about your calories and fat servings as a bank account. How do you want to spend it? Spend first where it really counts, choose healthy fats like the omega-3s and monounsaturated fats as listed above.

Eat almonds or pumpkin seeds as a snack, sprinkle sesame or sunflower seeds on your salad; put flax, hemp, or chia seeds in smoothies or on cereal, eat fish and seafood. Try to get your saturated fats from quality sources such as coconut oil, organic butter and dairy products, eggs, and high quality meats.

“Grass-fed” and “pastured” beef and pork have a healthier fatty acid composition than factory farmed or “grain-fed” meats. See if you can find a local rancher with a high quality product.

## Lean Protein

Protein is an important part of a balanced diet, providing vitamins, minerals, and essential amino acids. Many people can benefit from eating less carbohydrate and more protein foods. Eating a healthy diet also means choosing wiser.

Many of the common meats are high in fat and calories which can contribute to inflammation and weight gain. Listed below are low-fat cuts of meat, how to choose meats in the grocery store, as well as vegetarian sources of protein.

LEAN= Less than 10g total fat, less than 4.5g saturated fat and less than 95mg cholesterol per serving.

## Tips

- Buy organic poultry when able
- Buy lunch meats “Nitrate-Free” such as Trader Joe’s brands or Hormel Naturals. Avoid meats with “sodium nitrite” on the ingredient list
- Buy “Grass Fed” beef when able, this has a higher content of omega-3 fatty acids
  - Some local farms offer grass-fed beef and pastured pork in bulk; you can store this if you have room or share ¼ or ½ cow with family and friends.
- Check percentages on ground meats, look for at least 90% lean
- Choose “Choice” or “Select” instead of “Prime” as this is higher in fat. Use prime cuts as an occasional indulgence rather than a regular option

## Preparation

- Cut off any visible, solid fat from meat and poultry
- When roasting a whole chicken or turkey, leave the skin on during cooking but remove it and the fat underneath before eating
- Remove any visible fat from pork and beef before eating
- Use marinades. These tenderize meat and keep it moist, they can also enhance flavor lost from trimming fat. Try herbs and spices with wine, citrus, vinegar, or soy sauce. Marinades can also decrease the potentially harmful browning compounds from grilling and broiling.
- Low fat cooking: Grilling, broiling, roasting, sautéing, and baking. When cooking meat in the oven, place it on a rack in the baking pan so fat drips off
- Make soups or stews where you boil the meat a day ahead and refrigerate. As the food chills, the fat hardens and rises to the top. It can then be skimmed off. You can also do this with homemade soup stocks
- Drain fat: after cooking ground meat, drain the fat from the pan, rinse the meat with hot water, and dry with a paper towel
- **\*\*Watch your serving size!** Reducing serving size reduces total fat, calories, and cholesterol. 3 ounces of meat, the size of a deck of cards, is an appropriate serving. This is equal to half of a standard chicken breast, one skinless chicken leg with thigh, or 2-3 slices of lean roast beef or other lean deli meat. **\*\* Fill the rest of your plate with colorful vegetables and whole grains.**
- Make 2-3 dinners each week meatless and use vegetarian sources of protein

## Poultry

- Breast is the lowest fat, occasional dark meat is fine, always remove the skin
- Ground poultry can have as much fat or more than ground beef as it often contains skin and dark meat. Look for ground breast or “low-fat” ground
- Chicken or turkey- breast, ground, sausages
- Turkey bacon or low fat sausage (Shelton’s is a good brand)

## Beef

- Look for “round, chuck, sirloin, or tenderloin”
- Eye, top, or bottom round roasts and steaks
- Round tip roast, round steak
- Sirloin Tip steaks and roasts

- Top sirloin steak
- Top/short loin (strip) steak
- Tri-tip roast and steak
- Tenderloin roast and steak
- Brisket
- Shank cross cut
- Chuck shoulder pot roast and steak
- Shoulder center steak
- 95% lean ground beef
- Flank steak
- London broil
- T-bone steak



## Pork

- Boiled Ham
- Tenderloin and loin
- Lean, well-trimmed chops
- Occasional crisp-cooked, well drained bacon- preferable as a garnish or for flavoring

## Lamb

- Well-trimmed leg of lamb
- Occasional lamb chop

## Veal

- Top round
- Leg cutlet
- Chop

## Buffalo

- Ground, burgers, franks, or steaks

## Fish and Seafood

- Nothing breaded or deep fried
- Tuna packed in water
- Canned salmon and sardines are an easy, economical choice

Visit [http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/download.aspx](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx) to obtain a safe seafood guide for your area.

## Vegetarian Protein Sources

- Whole grains are a good source of protein, amaranth, quinoa, and barley are particularly good
- Eggs
- Nuts and seeds, including nut butters (almond butter) and seed butter (tahini or sunflower butter), chia seeds are a rich source of protein and healthy fat and can be ground and added to cereals, baked goods, and salads
- Seitan (commonly offered as a meat substitute in Asian food; this is gluten, only eat if you are not intolerant)
- Tofu, tempeh, edamame, soy milk and soy yogurt are good protein sources. Enjoy soy about 3-4 times per week maximum.
- Beans and lentils of all varieties
- Milk and dairy products, cow or goat: cottage cheese, yogurt, cheeses
- Low fat cheeses: part-skim mozzarella, string cheese, farmer's cheese, Neufchatel. Choose reduced-fat varieties of common cheeses- Cabot, Lifetime, and Laughing Cow are good choices. Instead of using cheese as a central ingredient, use it to accent dishes such as green or bean salads and pastas; aged cheese is more flavorful and a little goes a long way- sharp cheddar, Parmesan, Asiago, and Gorgonzola
- Protein powders: Avoid highly refined soy protein, choose Nutiva hemp or Life Time's Life Balance vegetable protein powders. Whey protein is also an acceptable choice.

## Dinner in ½ hour

Dinner can often be the most challenging meal. After a long day of work and managing a household or family, it can be hard to prepare a healthy meal. And as is often the case, we have not eaten well earlier in the day and in our exhausted, starving state, head straight for the drive-thru.

With some pre-planning and a couple basic tips in mind, dinner can be easier than you imagined. You may want to make a week's worth of menus to simplify things. Make sure to make enough to have leftovers for healthy lunches. Use the flavor combinations to guide your dinner meals or try some simple recipes.

You also may want to consider how you prioritize your time; preparing healthy meals (and cleaning the kitchen!) can take a little time. If a good portion of your time after work is spent in front of the television, think about getting your body up and moving around in the kitchen to make a nourishing meal for yourself and your family. Enlist family members to help and use it as an occasion for quality time. Below are some tips to make dinner time meals easier

- **Use canned beans or have cooked ones in the fridge ready to go**
- **Pre-cook a pot of brown rice or quinoa to make grain salads or heat up as a side**
- **Use pre-cut frozen vegetables such as squash, green beans, spinach, broccoli, and cauliflower; toss them in boiling water to heat through and there is your vegetable!**
- **Keep it simple; put the basics together for a complete meal. For example, whole grain pasta, white beans, sundried tomatoes, tuna fish, and spinach dressed with olive oil, lemon juice, sea salt, and perhaps some parmesan cheese. All you have to do there is boil water, open a couple of cans, defrost the spinach, juice a lemon, and toss!**

## Recipes

### ***Seared Scallops with Snow Peas & Orange***

*Adapted from Real Simple* (Serves 4)

- 1 cup couscous
- 2 teaspoons plus 1 tablespoon olive oil
- 18 sea scallops ( about 1 ¾ #; buy “dry” scallops, they are not chemically treated)
- Sea salt and black pepper
- 1 orange
- ¾ lb pound snow peas, halved lengthwise

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#### **Cook the couscous according to package directions**

Meanwhile, heat 2 teaspoons of the oil in a large, nonstick skillet over medium-high heat. Pat the scallops dry, season with ¼ teaspoon each salt and pepper. Cook until opaque throughout and golden brown, 2-3 minutes each side. Transfer to a plate and cover to keep warm; wipe out the skillet

Using a vegetable peeler to remove 4 strips from the orange, thinly slice the zest.

Heat the remaining tablespoon of oil in the skillet over medium high heat. Add the snow peas, orange zest, and ¼ teaspoon each salt and pepper. Cook, tossing until snow peas are just tender, about 2 minutes. Serve with over couscous with scallops.

**\*The orange zest compliments a variety of vegetables such as green beans, asparagus or sugar snap peas; use shrimp instead of scallops.**

**Per serving: 343 calories; 7g fat (1g saturated fat); 43mg cholesterol; 455mg sodium; 27g protein; 30g carbohydrate; 4g fiber.**

### **Quinoa Minestrone Soup** *From Clean Eating Magazine* Makes (4 servings)

- 2 tbsp olive oil
- 2 medium carrots, peeled and diced into ½ inch pieces, about 1 cup
- 1 cup fennel, diced into ½ inch pieces
- 1 cup red onion, diced
- 2 large garlic cloves, finely chopped
- 2 bay leaves
- 2 tsp fresh thyme, chopped (or 1 tsp dried)
- ¼ tsp fennel seeds, crushed
- ½ cup cooked cannellini beans (white beans, canned or cooked from dry)
- 2 cups tomato, chopped
- 1 cup fresh spinach cut in ribbons or ½ cup frozen, defrosted
- 1/3 cup uncooked quinoa
- 3 tbsp fresh basil or 1 ½ teaspoon dried
- 2 oz Parmigiano Reggiano, finely grated (about ½ cup), optional

In a large, heavy bottomed pot or Dutch oven, heat oil over medium heat. Add carrots, fennel, onion, garlic, bay leaves, thyme, and fennel seeds. Cook ,stirring often, until vegetables are tender, about 8 minutes.

Add 6 cups water, beans, tomatoes, and quinoa. Increase heat to high and bring to a boil. Reduce heat to low and simmer gently until quinoa is tender, about 20 minutes. Remove bay leaves and season with sea salt and pepper to taste. Stir spinach and basil into soup just before serving in warm bowls. Garnish each with 1 tbsp cheese, if desired.

**Per serving (includes cheese): 274 calories; 10g fat; 2g saturated fat; 0 mg cholesterol; 38g carbohydrates; 4g fiber; 10g protein; 140mg sodium**

## Tuscan Lamb with Garlicky Tomato Sauce and Polenta

From Real Simple(Serves 4)

- 1 tsp olive oil
- 8 small lamb loin chops ( about ¾ inch thick, 2 lbs total)
- Sea salt and black pepper
- 2 cloves garlic, sliced
- 1 28-ounce can diced tomatoes
- ½ cup dry white wine
- 1 tbsp fresh rosemary, or 1 ½ tsp dried
- ¾ cup instant polenta
- 1 tablespoon unsalted butter

Heat oven to 400°F. Heat the oil in a large ovenproof skillet over medium-high heat. Season the lamb with ½ teaspoon salt and ¼ teaspoon pepper and cook until browned, 2-3 minutes each side; transfer to a plate. Discard all but 1 tbsp of drippings

Add the garlic to the drippings and cook, stirring until fragrant, 30 seconds. Add tomatoes, wine, rosemary, and ¼ teaspoon each salt and pepper; bring to a boil. Reduce heat an simmer until the sauce begins to thicken, 2-3 minutes.

Nestle the lamb in the tomatoes, transfer the skillet to the oven cook for 10-12 minutes for medium-rare

Meanwhile, in a medium saucepan, bring 3 cups water to a boil. Gradually whisk in the polenta. Cook, whisking frequently, until thickened, about 3-4 minutes. Whisk in the butter, ½ teaspoon salt, and 1/8 teaspoon pepper.

Serve lamb and tomato sauce over the polenta. Have a green salad with oil and vinegar or steamed spinach on the side

**Per serving: 385 calories; 13g fat (5g saturated fat); 95mg cholesterol; 1143mg sodium; 32g protein; 28g carbohydrate; 3g fiber.**

# This Week's Assignment

## Counting Carbohydrate

This week in your diet diary, you will be using Column 6 to count carbohydrate for each meal and snack you record. There are no hard and fast rules for carbohydrate grams unless you are diabetic, but we generally over-consume carbs at the expense of vegetables and proteins.

Monitoring your carbohydrate intake is a good way to measure how balanced your meals are. Going back to last week, you will remember that women should generally have from 2-4 servings of carbohydrate per meal (30-60 grams) and men will have from 3-5 servings per meal (45-75 grams).

Some people may choose to cut carbohydrate even further (1-3 servings per meal, or some carbohydrate free meals) to support weight loss. A good rule of thumb is to consume whole food, complex carbohydrates to maximize the nutrients and fiber while minimizing the effect of blood sugar spikes.

## Meal Planning

Design a 3-day meal plan based on your calorie goal as determined in Week 4. Choose any meal pattern you would like, such as 3 regular meals, 3 medium meals and 1 snack, or 6 small meals. Use your exchanges and the appropriate serving sizes. Follow your meal plan for 3 days and record any experiences

Practice a stress relief activity this week.

Continue your diet diary, goal recording, weekly goal progress sheet, and physical activity logs.

## Make your goals for this week:

**3 behavior goals (S.M.A.R.T= Sensible, Measureable, Attainable, Relevant, Time-based)**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

# Behavior Contract

I, \_\_\_\_\_, as of (date) \_\_\_\_\_  
commit to my weekly goals as listed above.

Steps I will take to reach these goals include, but are not limited to:

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My  
Signature \_\_\_\_\_  
Date \_\_\_\_\_

Signature of Family Member or Friend \_\_\_\_\_  
Date \_\_\_\_\_

## Wrapping Up...

That's it for this week's lesson!

Make sure to record your goals, and we'll talk you in 7 days, for lesson #6!

To your health and happiness,

Marc MacDonald, M.Sc.

Publisher, Weight Loss for Sleep Apnea™

P.S. If you have any questions don't hesitate to send us an email:

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## Coming Up Next...

**Lesson #6: Optimal Health Through Diet**

## Previous Lessons

**Lesson #1 : Course Overview and Goal Setting**

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**Lesson #2 : Biology, Basic Nutrition & Eating for Energy**

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**Lesson #3 : Healthy Weight and Healthy Weight Loss**

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**Lesson #4 : Introduction to Meal Planning**

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