

The plain truth about fats



THERE'S SO MUCH CONFUSING DIETARY ADVICE THESE DAYS, AND NONE MORE SO THAN AROUND FAT – IS IT GOOD OR BAD? DR ELLIE CANNON GIVES YOU THE FACTS...

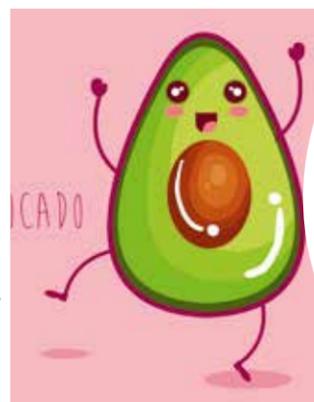
For years, we were told to eat a low-fat diet to stay healthy, but now the media is full of talk of good fats and bad fats. It's no wonder most of us are pretty confused about which fats we should and shouldn't be eating. Here, I clear up the myths about this controversial food group and give you some simple advice to follow...

SATURATED FATS

These are the bad ones that you should try to keep to a minimum. They increase the amount of cholesterol in your body, which we know can raise your risk of heart disease and stroke. Saturated fats are the ones found in fatty meat, bacon, sausages, cream, lard, butter and hard cheese. And, although it's trendy at the moment, coconut oil is a saturated fat, so shouldn't be consumed in large amounts.

MONOUNSATURATED FATS

These are goodies which actually help to balance your cholesterol levels, so you should try and eat small amounts of them each day. These good fats are found in avocados, olives and nuts such as almonds and cashews. Spreads made from their oils are also good for us. These are the fats found in the Mediterranean diet that make it so healthy.



DAILY ALLOWANCES

Women should have no more than 20g of saturated fat per day, but official figures show we all eat far too much. Most people in the UK eat over 35% more saturated fat than they should, contributing to increased rates of heart disease and strokes. Replacing meat with fish once or twice a week, or swapping treats for nuts or seeds, can lower your levels of the bad fats and improve your health.

TRANS FATS

Avoid these at all costs if you can. These are processed fats, also known as hydrogenated fats, and are known to be bad for your health. Cheap and used in food processing, these are often found in fried food and takeaways, as well as biscuits and cakes. Many UK companies have now committed to removing trans fats from products, but do check the ingredients list before buying a product.



POLYUNSATURATED FATS

These are also fats you can eat in small amounts each day which are known to have health benefits. Oily fish such as mackerel, salmon and herring contain these healthy fats, as do seeds such as sesame and sunflower, along with walnuts and brazil nuts. Eating these fats

provides you with essential nutrients such as omega 3, which contribute to healthy hearts, eyes and brains! Aim for one portion of oily fish a week.



KEEP IT SMALL

Whether good or bad, all fats are very high in calories. So, even if you are choosing food with good fats, such as avocados and olive oil, you still need to be careful to limit your daily intake because, despite their health benefits, they can contribute to weight gain. All fats should be eaten in smaller quantities than the carbohydrate, protein and fibre-rich foods we need each day.

LITTLE CHANGES = BIG BENEFITS

You can make simple changes and still enjoy the food you love. Trimming the fat from meat, choosing lean cuts and removing the skin from chicken and turkey will help. Buying an oil spray or always measuring oil rather than pouring straight from the bottle will reduce the amount you use in cooking. Stick to matchbox-size portions of hard cheese to keep your saturated fat intake to a minimum.

Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

They might be out of sight, but backs are definitely not out of our minds! From banishing fat to zapping spots, here's how to make your back look as good as your front.

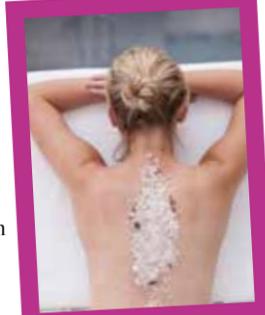
BYE BYE, BACK FAT

All shapes and sizes of women are plagued by back fat, and **BodyTite smooths out those annoying lumps and bumps using radio frequency energy.** Performed using local anaesthetic, a cannula is inserted under the skin to suction away excess fat, and

then the radio-frequency energy is delivered to boost collagen and tighten skin. You'll see results straight away, but the full effects kick in between eight and 10 weeks later. You can return to work in two to three days, and you'll need to wear compression garments for three weeks.

BANISH 'BACNE'

Bacne – or back acne – is common in summer when the heat increases sebum production. A back facial, or 'bacial', helps unblock clogged pores and encourage healthy skin. A good bacial includes a steam, peel and exfoliating treatment using glycolic acid to draw out impurities, followed by treatment with red and blue LED light to target acne-causing bacteria and promote healing, before finishing with a moisture mask.



TONE UP

Your back can suffer the same dull skin tone as the rest of your body. **Fractora Forma** is a pain-free alternative to lasers, which uses radio frequencies to promote collagen production

and tighten skin, making it smoother and improving tone with no downtime. Radio-frequency energy heats the skin and, while a course of six gives the best results, one prior to a big event works wonders.

AND DON'T FORGET...

- An underactive thyroid can lead to excess fat around the back area, so make sure your diet is thyroid-friendly by eating foods rich in iodine and selenium, such as salmon, nuts, eggs and spinach.
- Swimming is excellent to tone up the back, with front crawl and butterfly especially good for reducing bra bulges.
- Give your back a really good scrub when showering to boost circulation and improve skin tone.
- Fake tan can really help cover uneven skin tone and excess pigmentation.
- Be wary of fads. The latest is 'Venus dimples', where lower-back dimples are created using lipo. Having a major procedure for this reason is, I think, daft.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com