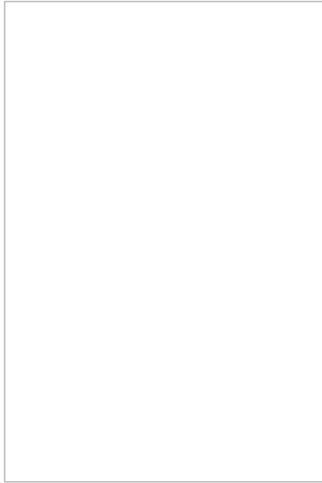


## Cooking with Oil Affects Blood Sugar

Mon, 04/23/2012 - 4:02pm -- Katherine Lawrence



Vegetable oils are often thought of as healthier than animal fats, however, they are just as high in calories. Oil of any type is 100% fat and for every 1 gram of fat, there are 9 calories. This fat not only expands our waistlines, it interferes with cellular function and reduces insulin sensitivity.

Normally, insulin attaches to receptors on our cell's surface and signals the cell membrane to allow glucose to enter. However, as fat accumulates inside our cells, it interferes with this signaling process leaving glucose to circulate in our blood, raising blood sugar levels. Studies have shown that reducing fat intake to 10% of total calories can lower blood sugar and reverse type 2 diabetes. For example, a diet high in plants (vegetables, fruits, beans and grains) is typically 8% to 10% fat. It is fried foods, oily sauces and recipes with added oils that drive our fat intake well above what is needed.

How we prepare food can be as important as our food choices. Using Saladmaster® allows us to cook all types of food without any added oil. By preserving nutrients without adding fat, Saladmaster® ensures we receive the maximum benefit from our meals. With every low-fat meal we consume we regain insulin sensitivity and regulate blood glucose levels.

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