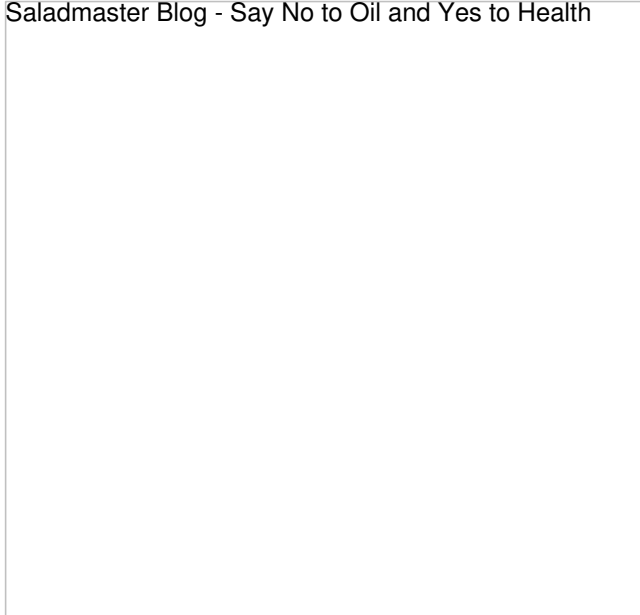


## Say No to Oil and Yes to Health

Thu, 05/02/2013 - 8:55am -- Katherine Lawrence  
Saladmaster Blog - Say No to Oil and Yes to Health



If someone asked you why oil is not good for you, would you have a good answer beyond the obvious connections to weight gain? Let's discuss the many other health implications of oil in our diet.

Oil is simply 100% fat, so before we can really understand oil, we have to explore this topic of fat. Most nutrition experts - like Dr. Barnard, Dr. McDougall and Dr. Campbell - recommend that we eat no more than 10% of our calories from fat and consume no oils. But don't worry, this is more than enough because humans only need about six percent of their calories from fat for basic brain and bodily activity. This is easily achieved by eating a whole foods plant-based diet that averages 8 - 10% fat. If you desire more fat, simply include more nuts, seeds and avocados.

When fat is consumed as part of a "whole food" that means it also contains the perfect amount of protein, fiber and other nutrients that help slow down the digestion of its fat. However, this is not true when we consume oils. Oils are extracted fat from a whole food and are devoid of these important nutrients, providing no support mechanisms for digesting it.

You're probably wondering whether just a little bit of oil is OK so let's take a look at the numbers. If we're eating a 2,000 calorie diet we would want about 200 calories (10%) from fat. One gram of fat is equal to nine calories. If we divide 200 calories by 9, we'll find that equals about 22 grams of fat per day. So, how does oil fit in here? One tablespoon of oil (oil of any kind) is 18 grams of fat! So with just one tablespoon, you've reached almost your daily limit of fat. This is why even a small amount of oil can wreck an otherwise healthy diet. As Dr. McDougall, M.D., says, "The fat you eat is the fat you wear."

In addition to causing weight gain, here are some additional reasons to consider removing oils from your diet completely:

### Protect Your Heart

Dr. Esselstyn, M.D., world-renown for reversing heart disease, likens eating oil to adding gasoline to a fire: any amount will contribute to deterioration of the cardiovascular system. Oils, which contain saturated fats, can stimulate production of cholesterol and contribute to heart disease.

### **Prevent and Reverse Diabetes**

Dr. Barnard, M.D., a pioneer in the field of reversing type 2 diabetes with diet, has discovered a powerful link between oil/fat consumption, insulin and blood sugar. Excess fat in our cells blocks insulin's signaling process, which prevents sugar from entering the cell and results in higher blood sugar rates. Eliminating oils is one of his primary recommendations for preventing and reversing diabetes.

### **Protection of Male Sexual Organs**

Prior studies have shown that impotence is often an early sign of blocked arteries. A new study further supports erectile dysfunction as a warning sign for heart disease.

### **Boost Your Immune System - Prevent Cancer**

A low-fat diet will help keep the immune system strong. When it comes to the functioning of your immune system, total fat is what matters - regardless of whether or not it's a 'good' or 'bad' fat. We need our immune system functioning at full capacity to fight off infections and cancer. Oils have been demonstrated to suppress many natural microbe killing mechanisms.

So by now, you're probably wondering how we can avoid eating oil in our daily lives? The primary means from which we get oils is eating out at restaurants, eating processed foods and using oils when cooking. These three scenarios are easily resolved when cooking at home with Saladmaster cookware. Its 316Ti construction allows for the sautéing of vegetables without any oil or water - so there is no need to load fat into an otherwise healthy meal!

Additionally, the ease of cooking with the Saladmaster Healthy Cooking System makes it effortless to prepare delicious and healthy meals at home. This cooking system has proven to reduce cooking times and increase nutrient retention over other cooking methods.

If you want the health benefits of eating olive oil, then just eat an olive - I prefer mine sautéed in the Saladmaster 5 Qt./4.7 L Gourmet Wok with kale, tomatoes and garlic.

**What is your favorite vegetable or plant-based recipe to cook in Saladmaster?** *Share your thoughts by commenting below!*

#### *Sources:*

- "Dr. Neal Barnard's Program for Reversing Diabetes" by Dr. Barnard, M.D.
- <http://www.drmcDougall.com/misc/2007nl/aug/oils.htm>
- "The China Study" by Dr. T. Colin Campbell
- "Prevent and Reverse Heart Disease" by Dr. Caldwell Esselstyn, M.D.
- <http://www.pcrm.org/health/health-topics/cholesterol-and-heart-disease>
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