

# FATS

## TEAM DAVIS GOOD FOODS GARDEN LESSON 3

### Types of Fats

- Healthy Fats
  - fish oil, nuts, seeds, avocados, olive oil; liquid, 'swishable', wet (oil)
- Unhealthy/Saturated Fats
  - butter, beef fat, cheese, chicken skin, bacon fat, whip cream; solid, dense, (fat)

### Daily Intake

- 11-12 tsp fat/day
- 4 tsp fat/meal
- 4.4 tsp saturated fat/day



### 4 Legs, 2 Legs, No Legs!



Four-legged animals have the most saturated, unhealthy fats



Two-legged animals have less saturated fats.



Things with no legs have the healthiest fats: unsaturated fats.



Plants-based foods also have no legs, which also have the healthiest fats: unsaturated fats.





# Recipe: Lemon Vinaigrette



## Ingredients:

- 1/4 cup Fresh lemon Juice, 1/4-1/3 cup Extra-virgin olive oil
- 1 small Garlic Clove, Grated, 1 tsp Dijon mustard,
- 1/4 tsp Salt and pepper, 1/4 cup freshly ground black pepper
- 1/2 tsp Honey/maple syrup, optional, 1/2 tsp Fresh/dried thyme, optional

## Process:

- Add the lemon juice, garlic, mustard, salt, pepper, and honey.
- During adding lemon juice mixture with olive oil, keep whisking it until the dressing is emulsified.

(If the texture is too tangy, add more olive oil, to taste)

- Add thyme with the dressing
- Store in the fridge for up to 1 week. The texture will be a little bit solid stage. Let the dressing sit at room temp to soften.
- Stir before using.



Cited: <https://www.loveandlemons.com/lemon-vinaigrette/>



## Types of Cooking Oils

- Avocado Oil, refined (500°F): grilling, baking, sauteing, stir-frying, roasting, frying
- Canola & Vegetable Oil (400°F): baking, stir-frying, sauteing, roasting
- Olive Oil, Extra Virgin (375°F): Cool dishes like salads, dips, dressings; sauteing at low temperatures

