

VENICE PLASTIC SURGERY

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Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Essential Fats

Fats are a major source of body energy. Fats are also the major body source of storage. Both carbohydrates and proteins are converted into fat in order to be stored by your body. Yes, there are some proteins and fats on storage as well but these are minimal compared to fat stores under normal circumstances. Both animal and plant foods contain fats to varying amounts.

I believe that most red meat has more fat than skinless fowl as chicken. This may not be true if you consume a piece of deep fried chicken with skin. In general most vegetables are low in fats but not olives or peanuts for example. If you consume a normal amount of calories it is not difficult to get the fat you need.

Fats can be burned for energy directly or can be made into carbohydrates as an energy source. Fats may be used to make proteins. Fats are also a component of many body parts, your internal organs. Certain hormones and enzymes are made from fats.

To be correct fats are actually made of smaller components called fatty acids. Some of these are palmitic acid, stearic acid and oleic acid. Your body can manufacture most of these fatty acids except two forms of linoleic acid. These are known as the essential fatty acids. Like vitamins they must be consumed in your diet.

Dietary fat may also be classified as saturated or unsaturated. Today we are encouraging the consumption of more unsaturated fats as they have a benefit on cholesterol metabolism.

If all fats were excluded from a growing individual's diet then growth retardation will result. Skin conditions and kidney disease will occur and even death. Therefore fats are an essential part of our nutritional requirements.

Excessive fat consumption results in a condition known as obesity. This condition indirectly results in other problems as elevated blood pressure, arthritis, hardening of the arteries and diabetes to name just a few. It is possible to actually be skinny while eating mostly fatty foods. This is done by keeping overall caloric intake to a minimum. This is not a healthy dietary habit.

You can also become obese on a low fat diet by excessive carbohydrate and protein calories. They will be converted into fat by your body and stored as, well fat. I hope you see that nutrition is not easy. Consultation with a doctor or a dietician can be of benefit. Perhaps we can all learn more about nutrition. Good nutrition promotes good health, it is inexpensive and it can be fun.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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