GDM Nutrition - Healthy Fats

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Fats are important for your health and you should not eliminate all sources of fat. However we need to make sure that we don't eat them in a large amount because they are high in energy and are associated with weight gain. So you need to select the fats that are the healthiest ones for you. You need to avoid the trans fats, the one that we often see in prepared foods for example. For saturated fat you can reduce the amount you're eating as well. Choose instead the unsaturated fats like the ones you find in olive oil, avocados and fish.

Tips to make sure to include those healthy fats include preparing your own vinaigrette for your salads and eating fish at least twice a week. So those are ways to make sure that you're selecting the best source of energy for your body.

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