

# Gensel Nutrition Center

Your guide to better living

Dr. Gordon R. Gensel  
DC, CNC



## Interesterified Fats

### February 2008

#### Upcoming Classes:

##### Healthy Cooking Made Simple

**Speaker: Dr. Gordon R. Gensel**

February 26, 2008

Tuesday, 6:00-8:00 p.m.

Fee: \$30 Monterey City Resident

\$39 Non Resident

(Dinner Included)

Location: Casanova Oak Knoll Park  
Center, 735 Ramona Ave., 646-  
5665

Pre-register at the Monterey  
Recreation & Community Services,  
546 Dutra St.,  
646-3866

##### What's in Your Food?

**How to Read the Labels on the  
Food You Buy!**

**Speaker: Dr. Gordon R. Gensel**

April 8, 2008

Tuesday, 7:00PM – 8:30PM

Fee: \$15 Monterey City Resident

\$ 20 Non Resident

Location: Casanova Oak Knoll Park  
Center, 735 Ramona Ave., 646-  
5665

Pre-register at the Monterey  
Recreation & Community Services,  
546 Dutra St.,  
646-3866

Many food producers are phasing out partially hydrogenated oils, which contain harmful *trans* fats. While many will inform you of the removal of trans fat from their product, they don't give you much information about the fats they are using to replace the trans fat. For many pre-packaged foods, some companies are turning to fats in the class called "interesterified" fats.

Interesterification is one of three main fat modification techniques. The other two techniques are fractionation and hydrogenation. Hydrogenation is the process used to produce trans fats. Like partial hydrogenation, which generates unnatural *trans* fats, interesterification produces some molecules that are also rare or nonexistent in nature.

In a few studies, these interesterified fats have been shown to lower HDL (good cholesterol), raise LDL (bad cholesterol), raise glucose levels, and suppress insulin and C-peptide levels. [C-peptide is a blood test used to determine if the pancreas' beta cells are producing insulin.] Critics say these studies were funded by companies who stood to gain something from the "bad press", but the problem still remains that this product is allowed into our food supply without us fully understanding its health implications. Does this remind you of something?

Unlike trans fats, which are required to be listed on labels, interesterified fats are typically listed as "fully hydrogenated" or even as "interesterified fats." There is very little public attention being paid to these new manufactured fats. It took 30 years to finally bring to light the negative health effects of trans fat. How long will it take for the public to become fully aware of the effects of "interesterified fats"?

We have always promoted eating foods in their most natural state. Manufactured fats whether interesterified or hydrogenated do not metabolize in the body the same way as natural fats. Please, always read your INGREDIENT labels. If you see "interesterified" or "hydrogenated", put it back on the shelf!



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## Chicken Breast with Avocado Risotto

### Risotto:

1 tbsp coconut oil  
2 cups fresh green bell pepper, diced  
½ cup frozen corn  
1 ½ cups fresh tomato, diced  
4 cups whole grain rice, cooked  
¾ cup fresh basil, chopped  
½ medium avocado, diced

### Chicken:

1 tbsp coconut oil  
6 (3 oz each) boneless, skinless chicken breasts  
½ cup capers  
¾ cup fresh lemon juice  
½ cup fresh parsley, chopped  
½ medium avocado, sliced

### Risotto Preparation:

Put coconut oil in a skillet and over low heat, sauté the green bell pepper, corn, and tomato for approximately 5 minutes. Add the precooked rice and basil. Simmer for approximately 5 more minutes and set aside. Add the diced avocado.

### Chicken Preparation:

Sauté the chicken breasts in coconut oil for approximately 5 minutes on each side over low heat. Remove chicken from skillet and set aside. In the same skillet, sauté the capers for approximately 1 minute. Remove from heat and add lemon juice and parsley. To serve, place the risotto mixture on plate and top with chicken breast. Pour the caper and lemon juice mixture over the chicken and rice. Garnish with the avocado slices.

**Don't Guess About Your Health... Schedule a Nutritional Consultation Today!**

Call 831-649-6336  
or email [gensel@redshift.com](mailto:gensel@redshift.com).

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## The Role of Fat in Health and Optimal Weight Maintenance

Dieting is an obsessive behavior. It is not normal or rational. Most conventional diets cleverly encourage the obsession by having you count calories or remember what you can or cannot eat. These diets treat eating in complicated ways according to inflexible rules. Fat free usually means added sugar and caffeine. What we would like for you to focus on is the nutritional quality of food. Simplify life! Eat foods in their natural states: fresh fruits and vegetables, good clean meats, and dense whole grain breads. Reduce the expensive, pre-packaged foods.

Counting fat grams takes your focus off the nutritional quality of the food; you assume that all fats are equal in nutritional value - *that all fats make you fat!* By eating more nutritious foods and including natural, high quality fat in your diet you will get hungry less often.

So the question becomes "what are 'good fats'?" Omega 3 (polyunsaturates) can be found in fish oil and unrefined vegetable oils such as flax. Omega 9 (monounsaturates) are in eggs, walnut, macadamia, olive, peanut, chicken, duck, turkey, avocado, almonds, and coconut. Although considered to be a "good fat" try to eat less Omega 6 (polyunsaturates), which can be found in certain vegetable oils such as safflower, sunflower, grape seed, and sesame. These are the easiest to consume, so try and focus on more 3's and 9's. Eat more avocados, guacamole, nuts, seeds, fish, and coconut oil. Try using coconut oil in your mashed potatoes instead of butter/margarine or simply spread it on a piece of warm toast. It contains special fatty acids that we tend to neglect in our diet.

## You Need Fat For Optimal Health!

Fats keep cell membranes fluid and flexible which in turn affects the white blood cells that repel invaders of the body (builds your immune system). They promote normal growth, especially of blood vessels and nerves. The "good fats" keep the skin and other tissues youthful and supple through lubrication and they also make hormones. So, if you are not consuming enough of the proper fats, you will not be able to make and balance hormones properly. Our bodies cannot live fat free. We need significant amounts of essential fatty acids to function properly and enhance immunity.

