



The Eat Healthy Fats Program

*Develop healthy, life-long habits that
will leave you looking, feeling and
performing at your best.*



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I'm Evan Zingman, founder of Z Physique. I've been a NSCA Certified Personal Trainer since 2009 and in that time I've educated and encouraged hundreds of men and women to take back their health and fitness, so that they can live the life they truly want.



The Eat Healthy Fats Program



This is a 2-week habit coaching program that encourages you to eat healthy fats with every meal. You'll discover the incredible benefits that healthy fats have to offer, including better energy, increased nutrients, improved fat loss and enhanced flavor to your meals.

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Day 0 : Introduction Of Habit (Sunday)

Habit Challenge: Eat healthy fats with every meal

For the next two weeks, I challenge you to eat a source of healthy fats with every main meal.

Why?

Here are some interesting benefits we see from including fat in our diet:

- Fat is an energy source
- Fat can keep you fuller for longer
- Fat is a key player in managing inflammation
- Fat can improve your hormonal profile •Fat is high in certain vitamins and minerals



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When looking at the metabolic processes and their ability to supply energy, it is very clear that fat is an essential component to anyone's diet.

How Can I Personalize This Habit?

Choose which sources of healthy fats you would like to eat, and in what quantities.

If you've been avoiding healthy fats up to now, then start with a small portion each meal.

If you're used to eating a higher fat diet, then focus on increasing your consistency to eating the recommended portion sizes each meal.

How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week.

Have one day off per week from completing the habit.

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What Can I Piggyback Off Of?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO: *Create your personal version of the habit to commit to this challenge!*

Here's a template:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

Here's an example:

I am 90-100% confident that I will record what I eat on paper for 6 days per week after I finish my last meal of the day.

P.S. Don't worry about making this perfect. We'll help you adjust.

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Day 1 : Start of Habit Review (Monday)

How was Day 1?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

1. What did I do well today?

2. What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?

2. What did I learn today?

Day 2 : Daily Lesson To Reinforce Habit And Accountability (Tuesday)

The drive to demonize fats started in the 1980s, when Government guidelines and media messages told us that foods containing fat make us overweight and increase risk of cardiovascular diseases. This was wrong. What wasn't made clear was that food choices and overall intake was the key factor.

To understanding fat, we need to know about the 'right' kinds of fat, and how much to eat. Get this right, and you'll discover the incredible benefits that healthy fats have to offer, including better energy, increased nutrients, improved fat loss and enhanced flavor to your meals.

But before you go off and start smothering all your meals with extra cheese and a side of peanut butter, let me give you a word of warning. With fats, moderation is key, as a little goes a long way.

Fat is the most concentrated source of energy, and 1 gram of fat provides around 9 calories (compared to 4 calories per gram for protein and carbohydrates).

That's why understanding portion size is so important, as calories from fats (even "healthy fats") can quickly add up!



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There are three major types of fat:

- saturated
- monounsaturated
- polyunsaturated

The difference lies in the structure of the fatty acids they are made of.

Examples of foods containing a high proportion of saturated fat include animal fat products such as cream, cheese, butter, ghee, and fatty meats. Certain vegetable products have high saturated fat content, such as coconut oil, palm oil and even cocoa. Many prepared foods are high in saturated fat content, such as pizza, processed dairy, bacon and sausages. Yep -most of the tasty stuff!

Poor old saturated fat has been at the forefront of the attack on fat, with the World Health Organization and National Health Service all advising that we avoid this type of fat.

However, if we actually look at recent research, we'll find nothing to support fears that saturated fat contributes to cardiovascular diseases or increased obesity risk. It appears it's not so bad after all.

Next, we have the family of unsaturated fats (polyunsaturated and monounsaturated), typically known as 'less stable' than saturated fats, due to their chemical structure.

That doesn't mean they are more likely to harm you, but it does mean they shouldn't be used for cooking at high temperatures.

Always use saturated fats for cooking.

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There are two types of polyunsaturated fatty acids, linolenic acid (omega 3 fatty acid) and linoleic acid (omega 6 fatty acid) in foods.

We call these the essential fatty acids, because they must be obtained from our diets. There's also a lot of research to support the health benefits of a balanced omega 3 to 6 fat ratio, and you'll often see people use omega supplements.

Omega fatty acids are rich in foods such as walnuts, sunflower seeds, sesame seeds and natural oils like flaxseed and linseed.

Last but by no means least is monounsaturated fat. This has a higher melting point than polyunsaturated fat and a lower melting point than saturated fat.

It is liquid at room temperature and semi solid or solid when cold.

Monounsaturated fats are found in natural foods such as red meat, whole milk products, nuts and high fat fruits such as olives and avocados. Olive oil is about 75% monounsaturated fat.

It's also important to mention that fat products should come from high quality sources. Ideally, buy meats classified as 'organic/grass-fed/wild', and oils labelled 'extra virgin'. Potentially harmful toxins can be stored in the bodyfat of animals fed a poor diet or kept in less than ideal environments.

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Day 3 : Daily Lesson To Reinforce Habit And Accountability (Wednesday)

So far I've been raving about the benefits of healthy fats. What I haven't spoke about is the fat that you should avoid; hydrogenated fats.

Hydrogenated fats are chemically classified as unsaturated fats, yet behave more like saturated fats in the body. The term 'hydrogenated' means manufacturers are blasting the chemical structure of the fat, making the fat solid at room temperature, and creating a man-made saturated fat.

Here's the bad news: hydrogenated fats are poisonous to our bodies. When we eat them, they replace normal saturated fat in our cells, and sometimes the essential fatty acids as well.

Hydrogenated fats have been linked to heart disease, diabetes, certain cancers and obesity. By limiting the amount of heavily processed foods in your diet, you'll be avoiding these nasty fats.



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Day 4 : Weekend Win (Thursday)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How? By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll eat healthy fats with every meal this weekend.



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Day 5 : Daily Lesson To Reinforce Habit And Accountability (Friday)

So you don't think I'm some madman simply telling you to eat more fats, here are some interesting benefits we see from including fat in our diet:

Fat is a key player in managing inflammation

Fat that is typically found in fish contains the essential omega 3 fatty acids EPA and DHA, which are known to have highly anti-inflammatory properties. Reducing inflammation within the body is one of the best things you can do when seeking optimal body composition and health. From a health perspective, these fatty acids appear to reduce the risk of heart disease and stroke. From a performance aspect, they can help to prevent muscle breakdown, enhance joint healing, improve brain function and promote greater fat loss.



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Fat is an energy source

Fat is the most energy-dense nutrient and is also easily stored and transported within the body. The body can store unlimited amounts of fat. Excess carbohydrates and protein can be converted to fat, but cannot be made from fat. Fat therefore serves as an excellent energy reserve.

Fat is high in micronutrients

Many fats contain high levels of fat-soluble vitamins such as A, D, E and K2. These vitamins are typically lacking in low fat diets, yet are essential for maintaining good health and performance. Fat is also required to properly digest and assimilate these fat-soluble vitamins.

Fat can improve your hormonal profile

It has now been proven that dietary cholesterol, such as that from fat, has no effect on cholesterol levels in the blood. In fact, quite the opposite: dietary fats can actually improve our good cholesterol readings (HDL) by converting the bad (LDL). The benefits are clear and even the health authorities are accepting that monounsaturated fats can reduce the risk of cardiovascular disease, and that fatty acids (omega 3 and 6) are essential. Even the once vilified saturated fat is now 'not so bad after all', which is great as it's necessary for proper cell membrane function.

Fat can keep you fuller for longer

Eating more fat greatly increases satiety levels, theoretically making it difficult to over eat (when compared to a refined carbohydrate diet). Therefore you can eat less, yet feel more satisfied in the process. Despite fats containing over twice as many calories (9kcal per gram) compared to protein and carbohydrates (4kcal per gram), they will keep you much fuller for longer, and you will not need to eat as much per sitting.

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Day 6 : No Daily Lesson (Saturday)



Day 7 : Weekly Group Review (Sunday)

When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- *What was it actually like, as opposed to the fantasy you had about it before you started?*
- *What have you learned?*
- *What do you appreciate?*
- *What obstacles have come up, and are there ways to overcome them for next week?*

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.



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Day 8 : Adjustment Of Habit (Monday)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've just been eating a very small amount of healthy fats with each meal, then try increasing the amount this week.

Or if you've struggled with healthy fats at a certain meal, put extra focus this week on getting it right.

Never make too big an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.



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Day 9 : Daily Lesson To Reinforce Habit And Accountability (Tuesday)

Just as with protein and carbs, there are a number of factors that determine the ideal amount of fats in your diet.

When looking at the metabolic processes and their ability to supply energy, it is very clear that fat is an essential component to anyone's diet.

There's no clear definition of ideal intake: it depends on age, gender, body composition, activity levels, personal preference, food culture and current metabolic health.



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These factors will determine what percentage of dietary fat is required, but we can also look at the current research to help us in making our decisions.

AVERAGE FAT INTAKE

For a healthy individual seeking a balanced diet, 30% of daily caloric requirements should come from healthy fat. This can be broken down into the three different types:

- 10% should be consumed from monounsaturated fat
- 10% should come from polyunsaturated fat (omega 3 and 6)
- 10% should be from saturated fat
- Hydrogenated fat should be avoided

Intake for a typical 2500kcal diet would equal 83g of dietary fat per day.

WHEN SEEKING FAT LOSS

We have typically seen recommendations to reduce fat intake when seeking fat loss. However this appears to come down to personal preference, as those following a lower calorie diet see benefits from keeping protein and carbohydrates higher. A daily intake of 20-40% of total daily calories is a good starting point for fats. I wouldn't recommend going lower than 15%, (at this point, the negatives appear to outweigh the benefits).

WHEN SEEKING IMPROVED HEALTH

A large portion of the population stands to benefit from a balanced healthy fat diet.

In fact, reducing refined carbohydrates and increasing healthy fat has been rigorously proven as effective for those who are:

- Overweight or obese
- Type II diabetic
- Suffering metabolic syndrome

From a health perspective, here's what we see from balancing healthy fats in our diets:

- Blood sugar levels are reduced
- Triglycerides tend to go down
- Small, dense LDL (bad) cholesterol goes down
- HDL (good) cholesterol goes up
- Blood pressure improves significantly

Adding a small serving of healthy fats to each meal is a great habit to adopt, and you'll start to quickly feel the benefits

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Day 10 : Daily Lesson To Reinforce Habit And Accountability (Wednesday)

Never feel guilt from failing.

The guilt can be more harmful than the failure, and stops you from doing the habit.

You have to learn to be aware of it, then let it go, and counter it with something more positive. Tell yourself when you slip and fall, it's just another lesson that will teach you to be better at change.

Take a longer view of things; a failure is just for a day or two, or perhaps a week... But that doesn't matter in the long term. Missing a few days makes almost no difference in the course of a year.

Over a lifetime, one day means nothing, but what you do on the vast majority of days is what counts.



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Day 11 : Weekend Win (Thursday)

A great way to stick with your habit is to create a consequence for not doing it.

You might try creating a fun but embarrassing consequence for missing two days in a row and commit to this by sharing it with a group or friend.

For example –you could promise to sing a song and post a recording online.

Or even better, promise to allow your friend to throw a pie in your face, and put that recording online! So let's set you up to win this weekend to make sure no funny videos end up on Facebook come Monday morning. Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?



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Day 12 : Daily Lesson To Reinforce Habit And Accountability (Friday)

We're almost at the end of the 'Eat healthy fats with every meal' habit challenge. As you prepare to move onto the next habit challenge, you'll want to put this current habit into 'habit maintenance mode.' This is a way of continuing it with less of a focus.

By now, the habit should start to become more automatic if you've been at least a little consistent. You don't need reminders to start the habit, and it's feeling a bit easier, more part of your 'normal.'

So as you begin to move your focus to the next habit challenge, all you want to do is not forget about this habit. You don't need to keep track of it every day, as long as things are going well.

But every few days, pause and reflect on this habit and check in to see that everything is still going well. Maybe once a week, use one of our Sunday reflection sessions to assess whether you have any obstacles around this habit, need to make adjustments, learned anything new.

After a while, you need to reflect on the habit less often, as it becomes ingrained in your life.

Stay focused this weekend and remember to have some fun in the process!



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Day 13 : No Daily Lesson (Saturday)



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Day 14 : End Of Habit Review (Sunday)

Over the last two weeks you've completed the 'Eat healthy fats with every meal' habit challenge –nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- *What has the habit been like and how have you done?*
- *What have you learned?*
- *What parts or how much of this habit will you continue to do?*

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

Tomorrow, we'll be starting our next habit challenge.

