

5 reasons you need fat in your diet

01

ENERGY:

Fat provides a highly concentrated form of energy. One gram of fat gives you 9 calories of energy, which is over twice that provided by carbohydrates or protein.

02

ORGANS NEED A CUSHION:

A cushion of fat helps protect organs from injury and holds them in place.

03

CELL STRUCTURE:

Whether it is hair, skin, or eyes, fats make up part of the membrane that surrounds each cell of the body, and without them the rest of the cell can't function.

04

IMMUNE FUNCTION:

Without good fats in our diet, immune function becomes partially impaired and our bodies are susceptible to foreign invaders such as bacterial and viral infections.

05

NUTRIENT TRANSPORT:

Vitamins A, D, E, and K are fat-soluble vitamins and need fat to help the body transport, store, and absorb them.