

Why Some Fat Is Good

A little fat in food adds more than flavor to your meal. It also helps satisfy your hunger by making you feel full after eating. Why? Because fats take longer to leave your stomach than either carbohydrates or proteins do.

A certain amount of body fat serves several functions: to cushion and position your body organs, to protect your bones from injury and to form a layer under your skin. This fat layer offers insulation, helping you stay warm. And the soft fat pads on your buttocks and the palms of your hands protect your bones from bumps, bangs and jolts.

So yes, we need fat, but in moderation. The guideline for fat intake is that we consume no more than 20 percent to 35 percent of our total calories from fat.