

*Hi everyone!*

*Welcome to July and the second month of Winter.*

*Hope that you are all fit and well and adjusted to the winter temperature. Don't let the weather put you off. Have you had booked into our new Meditation and Tai Chi classes? Recharge, rejuvenate and reset your life!*

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### Healthy Foods High in Good Fats

#### *Why You Need Goods Fats*

Unsaturated fats play a key role in maintaining low levels of both total and “bad” LDL cholesterol. They also help the body absorb fat-soluble vitamins. Without these fats, a diet high in vitamins may not live up to its potential for delivering health benefits.

#### *Brain Health*

Polyunsaturated fats are rich in omega-3 and omega-6 essential fatty acids. The human body does not produce omega-3 and omega-6, so they can only be obtained through healthy foods. Omega-3 is believed to play an important role in maintaining cognitive function. It also impacts serotonin levels and may affect mental health as a result.

#### *Heart Health*

The omega-3 and omega-6 fatty acids in foods with unsaturated fats promote heart health by reducing both cholesterol levels and blood pressure.

#### *Eye Health*

Research suggests that the omega-3 fatty acids in unsaturated fats protect the eyes from conditions such as glaucoma. Additional studies indicate that people who eat high levels of polyunsaturated fatty acids find relief from dry eye syndrome.

#### *Foods with Good Fats*

A variety of foods are rich in polyunsaturated and monounsaturated fats. This makes it easy to get your daily requirement. These foods are among the best sources of unsaturated fats:

#### *Olive Oil*

A single tablespoon of olive oil contains 73% of the recommended daily value of monounsaturated fat in the form of oleic acid. Extra virgin olive oil is also an excellent source of antioxidants.

#### *Canola Oil*

Canola oil is rich in both monounsaturated and polyunsaturated fat. A single tablespoon delivers nearly 9 grams of monounsaturated fat, as well as a respectable 4 grams of polyunsaturated fat. Affordable and versatile, canola oil can be used while cooking and is found in many dressings and marinades.

#### *Walnuts*

Several types of nuts contain significant amounts of unsaturated fats, but walnuts remain one of the best sources. The polyunsaturated fats in walnuts offer many benefits, including, according to one study, reduced fasting insulin levels among adults with type II diabetes.

#### *Sardines*

While many types of fish contain omega-3 fatty acids, sardines are especially rich in monounsaturated fat, with a single drained can including 4 grams. A can of drained sardines also has 1.5 grams of polyunsaturated fats.

#### *Flax Seeds*

Flax seeds may be known for their high fiber content, but they are also a great source of healthy fats, with a 3-tablespoon serving containing 7 grams of polyunsaturated and 2.5 grams of monounsaturated fat. They can be enjoyed as an extra source of fiber in smoothies or as a substitute for eggs when baking.

#### *Pumpkin Seeds*

The ultimate snacking food, pumpkin seeds are rich in unsaturated fat but also have plenty of fiber and protein. One cup of pumpkin seeds with the shells includes over 7 grams of monounsaturated fat and a whopping 9 grams of polyunsaturated fat.

Source: <https://webmd.com>

# Activity Review

## Luncheon

What a great turn up we had today at the RSL for lunch in West Essendon. Great food, company and close to home. We will do this venue again.





# COMING UP

## ACTIVE ADULTS JULY EVENT

Wednesday  
5 July

10:30am

'Morning Melodies'  
Morning Tea & Lunch  
Legends Room,  
Moonee Valley  
Racecourse.

Tickets \$25pp

Register & pay via Active  
World or at Reception

RSVP by 23/06



**MOVE**

 City of  
Moonee Valley