

The Feed Bag

501 Main Ave. North
Choteau, Montana
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Mon-Sat 11am-6pm

March 2012



Mountain Front Market



Owner's Corner

Welcome to the March newsletter. The topic of this edition is **fats and oils**. Over the years, fats have been given a bad nutritional reputation. It's really no wonder, what with the obesity epidemic in the western world and the continual onslaught of conflicting nutritional

research. Trying to make sense of it all can be daunting! While it's impossible to give the entire "skinny" about fat in one newsletter article, we can focus on some fairly well-established facts. And, as with any nutritional information, I suggest you take it with a grain of salt and listen to your body! Happy Spring!

--- Jill

Basic Facts About Fats



The basic macronutrients in food –carbohydrates, protein, and fat – provide energy to the body. Excess energy from any of the three macronutrients can be converted into triglycerides, which is the body's storage form of fat. And stored fat can be converted back to energy, when needed.

We're all too familiar with the infamous calorie, which is simply a measure of how much energy we get from food. Dietary fat provides us with 9 calories of energy, compared to only 4 calories per gram from proteins or carbohydrates. This fact alone probably goes a long way to explaining the current low-fat diet trend. But the equation is not so simple. The presence of dietary fat in the small intestine triggers the satiety center in the brain, which gives us the feeling of satisfaction, or "being full." Eliminating too much fat from the diet can make it difficult to control the amount of food we eat. Dietary fat is also important for facilitating the absorption of certain vitamins (A,D,E, and K), and contains vital body building blocks called "essential fatty acids". So fats are good, but which type of fat to choose?

Dietary fat comes in several varieties with different properties and one kind is *always* unhealthy – trans fat. But even good fats can contain toxic compounds when allowed to go rancid or if heated beyond their smoke point during cooking. The article on page 2 discusses in detail the merits and uses of different types of saturated, monounsaturated and polyunsaturated fats.

March Sales

(Prices valid 3/6-3/31, while supplies last)

Equal Exchange Teas	Sale \$4.45	Reg \$4.95
Napa Valley Olive Oil	Sale \$10.95	Reg \$11.95
Santa Cruz Juices	Sale \$4.75	Reg \$5.25
Ezekiel Breads	Sale \$4.95	Reg \$5.50
Stahlbush Frozen Berries	Sale \$3.95	Reg \$4.75
Helios Kefir	Sale \$3.95	Reg \$4.95
Organic Valley Drinkable Yogurt	Sale \$3.95	Reg \$4.95

New Items

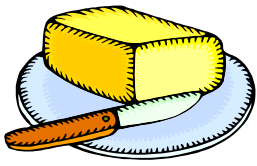
- * Barlean's Olive Leaf Throat Spray
- * Genisoy Soy Crisps
- * Newman's Microwave Popcorn
- * R.W. Knudsen Very Veggie Juice



Mountain
Front Market
now has a
website. Visit
us at:

www.mountainfrontmarket.com

Monthly newsletters are also
available online.



The Three Classifications of Fats

Mountain Front Market is happy to supply you a variety of fatty acid options for all of your everyday uses.



Saturated Fats: A fat is called “saturated” if the carbon atoms in it have the maximum number of hydrogen atoms attached. This chemical structure allows the saturated fat molecules to pack tightly together forming a solid at room temperature. Saturated fats are relatively heat-stable, and so are suitable for moderate-heat cooking and frying. Saturated fats are found in animals (but not fish) and tropical plants like coconut and palm. Some animal fats like butter and lard are prone to going rancid in the presence of air and bacteria, but refrigeration gives them a long shelf life.

- *Barlean's Coconut Oil* (cold pressed, extra virgin, organic.) May be used in cooking, baking or frying or as a butter substitute on toast, vegetables and popcorn. Makes a great massage and body oil.
- *Nutiva Coconut Oil* (organic, extra virgin, cold pressed.) May be used for high heat cooking, up to 350 degrees
- *Organic Valley Butter* (salted.) A longstanding award winner, Organic Valley's Salted Butter is a favorite with professional chefs and culinary artists throughout the country!

Monounsaturated Fats: These fats have one carbon-carbon bond that lacks the maximum number of hydrogen atoms around it. This leads to a kink in the fat molecule that means it doesn't solidify at room temperature, but will solidify under refrigeration. Examples of oils that are high in monounsaturated fats include olive oil, avocado oil, and some nut oils. Most monounsaturated fats can be stored for months at room temperature, because they are resistant to going rancid if kept in a cool, dark place. High heat can have a detrimental effect on monounsaturated fats, so it may be best to purchase the expeller-pressed versions of these oils, and use them for dressings and for moderate-heat sautéing.

- *Napoleon Extra Virgin Olive Oil* (first cold press) 8.5oz and 101.5 oz (3L)
- *Napa Valley Naturals Extra Virgin Olive Oil* (first cold press)
- *Spectrum Naturals Olive Spray Oil* (first cold press) May be used for medium heat cooking up to 325. A great choice for flavorful sautéing.
- *Spectrum Natural Almond Oil* (expeller pressed.) Best for sautéing, frying and all-purpose cooking up to 495 degrees. Excellent for massage and moisturizing.

Mixed Fats Spread: *Earth Balance Buttery Spread*

Polyunsaturated Fat: Polyunsaturated fats have more than one carbon-carbon bond that is not saturated with hydrogen atoms. Consequently, they tend to stay in liquid form even under refrigeration. Oils that are high in polyunsaturated fats include many vegetable oils and fish oil. Two important essential fatty acids are in this group, namely the omega-6 and omega-3 linoleic acids. Not all polyunsaturated oils have a desirable ratio of omega-6 to omega-3 fatty acids, and the right ratio of 1.6 to 1 appears to be important for good health. Polyunsaturated oils are more prone to going rancid with exposure to light, oxygen, and heat than other fats. Most polyunsaturated oils are not very stable at high heat unless they undergo a “refining” process which could be a natural process of filtering or by other means using high heat, pressure, and chemicals. So what is the rightful place of polyunsaturated oils in our diet? We each need to make our own best guess, but a safe approach may be as follows: purchase the expeller-pressed versions of polyunsaturated oils in small quantities (to be used within 10 to 12 weeks), store in the refrigerator or in a cool, dark cupboard, and use them primarily for no-heat or low-heat applications unless the product indicates otherwise. Never heat fish or flax oils.

- *Spectrum Natural Sunflower Oil*. (expeller pressed, organic.) Use for high heat cooking up to 460 degrees. Ideal for sautéing and frying.
- *Eden Organic Sesame Oil* (unrefined and traditionally pressed.) Ideal for sautéing and dressings.
- *Eden Hot Pepper Sesame Oil* (unrefined and expeller pressed.) Toasted sesame oil infused with Red Hot chili pepper. Adds zing to stir fries, noodles and sauces.
- *Montebaldo 100% Pure Grapeseed Oil*. Spatter free option at normal cooking temps. Great for frying, baking, salad dressings, and sauces.
- *Barleans Cod Liver Oil*. Ideal for those who seek a naturally occurring, well-balanced ratio of EPA, DHA and vitamins A and D.
- *Barleans Fish Oil or Capsule*. Fresh Catch® Fish Oil is a pristine source of ultra-purified, pharmaceutical-grade fish oil, providing naturally occurring levels of EPA and DHA.
- *Barleans Flax Oil or Capsule*. Barlean's Highest Lignan Flax Oil is a pure, unfiltered and unrefined source of essential omega-3 fatty acids and nutrient-rich lignans.
- *Essential Woman Oil*. A proprietary blend of Organic Unrefined Flaxseed Oil, concentrated evening primrose oil, lignans, and Soy isoflavones.