

DIETING / WEIGHT QUESTIONS

Q: Do many people use the oil for weight loss? If so, how can it work having 29g of fat in two tablespoons!

A: Fat in the diet: Most of us have been educated into believing that low fat/no fat diets are good for us. Actually, the most commonly accepted way of looking at fat intake, is that the average person needs about 2000 cal per day to maintain weight, with the corresponding amount of exercise etc. Of these 2000 cal, 30% or 600 cal is supposed to come from good nutritional fats.

Since 1 TBSP of Udo's 3•6•9 Oil Blend™ is 135 cal, it means that the RDA of the oil (2 TBSP) is only 270 cal of your daily fat calorie allowance. This means you are far below the allowance, and you have some room for foods with fat in them, or some butter, or olive oil if you want it.

If you have been accustomed to a very low fat, or no fat diet, it is entirely possible that you could gain weight.

BUT what needs to be remembered is that excess weight primarily comes from taking in too much in refined carbohydrates, such as the ones high in starch, as well as refined sugars or white flour. A carbohydrate, when broken down by the body into the glucose is what the body uses for fuel. If the intake of fuel is higher than what is burned, the result will be weight gain.

The other point to remember, when consuming Udo's 3•6•9 Oil Blend™, is that you also will be getting the essential fatty acids (EFA's) that are absolutely integral to the proper functioning of every cell in your body, especially the brain and nerve cells. This is the main reason for taking in oils high in EFA's.