

Fats

While we are on this topic, how much fat do people need? Depending on the total number of calories you need per day (this number is calculated based on your age, gender, and level of physical activity), you may be able to safely consume up to 100 grams of high-quality fats (although, for many of us, half of that amount or less—30-40 grams—should be sufficient). High-quality fats are, for example, good (non-refined and not heated) olive oil, coconut oil, nuts, or fish, but not lard, butter, or margarine. Good fats serve many functions in the body— from protecting the cardio-vascular system, to helping the brain, to making sure that joints work well.