



What oil is good for our body?

Although fat is one of the five major nutrients, many people tend to cut down the intake of cooking oils, butter and fats on meat because the term fat and oil may bring to their mind images of weight gain and adverse effects on their health. However, you may recently notice people advocating oils which are good for the body. This issue will include information about 2 types of oil; oils that we should willingly take and the other oils that we should try to reduce their intake volume.

◆◇ What roles do oils take in our body?

Oils play a number of roles in our bodies.

- ① Support absorption of fat-soluble vitamins (Vitamin A, D and E)
- ② Act as an energy source
- ③ Secret sebum to keep youthful skin
- ④ Support cell regeneration
- ⑤ Become materials of hormones and blood

Oil is one of the critical nutrients for us to stay healthy. If the intake amount of oil becomes extremely low due to being on a diet or too concerned about our health, the following symptoms will occur:

- Menstrual problems
- Dry skin and rough skin
- Constipation
- Foster a feeling of hunger (oils take time to digestion)

◆◇ What is good oil?

There are 2 types of oil: non-essential fatty acids that humans can synthesize in the body and essential fatty acids that humans must ingest because the body cannot synthesize them. Good oil will become material of phospholipid which is a component of cell membranes throughout the whole body. When we take a good oil, it facilitates cellular metabolism which will increase the flexibility of cell membranes. Omega-6 fatty acids and omega-3 fatty acids are part of essential fatty acids.

【Omega-6 fatty acids】

Linoleic acid, γ -linolenic acid, arachidonic acid

The modern Japanese diet has been westernized and meat dishes are at its core. Therefore, modern Japanese people are prone to overconsumption of omega-6 fatty acids.

One of omega-6 fatty acids is linoleic acid. It is abundant in cooking oil and sesame oil that are commonly used for daily meals. Linoleic acid transforms to arachidonic acid in the body. Arachidonic acid is essential for

growth of children and maintenance of functions in the brain. It also produces various types of physiologically active substance that are responsible for immune functions.

An excessive intake of omega-6 fatty acids due to unbalanced meals from the overconsumption of fried food and junk food and an excessive frequency of dining out causes an overproduction of arachidonic acid which in turn induces inflammation in the body. This is because of a strong inflammatory effect of physiologically active substances which are synthesized through arachidonic acid. It also intensifies allergic symptoms like hay fever and atopic dermatitis, and increases the risk of developing atherosclerosis.

【Omega-3 fatty acids】

α -linolenic acid, EPA, DHA

Blue fish includes rich eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). α -linolenic acid is abundant in flax seed oil and perilla seed oil, and transforms to EPA and DHA in the body.

EPA prevents the formation of blood clots and is a famous nutrient of heart disease prevention.

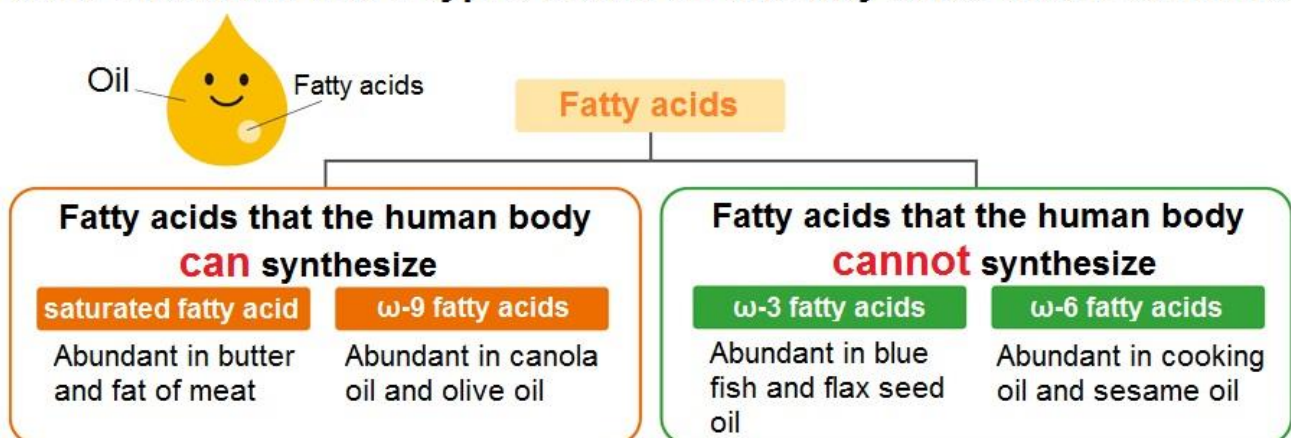
Once the brain uptakes DHA, it reaches to the retina in the eyes and smoothens neural transmissions which result in decreasing risks of developing dementia. The uptake of DHA by the brain is very active during the fetal stage until 2 years old. Therefore, expectant and nursing mothers should be aware of taking DHA.

Furthermore, EPA can suppress the production of physiologically active substances containing a strong inflammatory effect that are synthesized from arachidonic acid. The important thing here is taking omega-6 and -3 fatty acids in a good balance.

We suggest to have a fish meal at least once a day in order to replenish insufficient EPA and DHA. If you have less chances to eat fish because cooking fish is a hassle for you or you dislike the smell of fish, adding canned fish to your meals would assist to increase the intake amount of EPA and DHA. You are able to have fish meat with bones and skin. A canned fish with flavor sometimes have a thick taste and it may provide an excessive intake of salt. Our recommendation is a canned fish in spring water.

Other than having more fish, adding flax seed oil and perilla seed oil which are rich in α -linolenic to your daily diet is a quick solution to increase the intake amount of omega-3 fatty acids.

Oil is classified into 2 types based on the fatty acids that it contains



◆◆ Have more omega-3 fatty acids

Oils from blue fish, flax seeds and perilla seeds are the type of good oil which many of us have been deprived and should willingly add to our daily meals. These oils easily become oxidized. The oxidized oils generate bad smells and their nutritional levels decrease. Therefore, they should be finished up as early as possible once their container has been opened. These oils are widely considered to be vulnerable to heating, but their nutritional levels hardly change with common cooking methods like grilling, broiling, roasting, baking and frying. We can add these oils to our daily meals not only as a part of dressing but also as an alternative to regular cooking oil. This wide range of usage of these oils ease us to have more omega-3 fatty acids from our daily meals.

【Flax seed oils】

Flax seed oil is abundant not only in α -linolenic acid, but also lignin which is an antioxidant component containing a similar function as female hormone and vitamin E that is helpful for making skin beautiful and preventing arteriosclerosis.

【Perilla seed oil】

Perilla seed oil is abundant in α -linolenic acid as same as flax seed oil. A polyphenolic substance called luteolin is also found in it. Luteolin has anti-allergy and anti-inflammatory properties; therefore, it can suppress a cause of allergic symptoms including hay fever and atopic dermatitis. The contained vitamin E in perilla seed oil is greater than flax seed oil.

Even if the oils including abundant omega-3 fatty acids gives benefits to the body, they remain a type of oil. Each oil has about 9kcal per 1g. One spoonful of the oil becomes 12g and is 108kcal (almost equal to 100g of chicken breast meat). Although they are good for the body, the oil beyond

(Let's take more ω -3 fatty acids !)

Blue fish contains rich EPA · DHA



- ✿ Bonito
- ✿ Sardines
- ✿ Mackerel
- ✿ Pacific Saury

✿ Canned blue fish

You can also have fish meat with bones and skin. The canned fish in spring water is recommendable to people who are concerned about their intake level of salt.



Alternatives to dressing and cooking oil



- ✿ Flax seed oils
- ✿ Perilla seed oil

These oils contain abundant omega-3 fatty acids. They should be finished up as early as possible once you open the pack because they easily become oxidized.

necessity will be accumulated in body fat. Our bodies tend to fall into omega-3 insufficiency but overconsumption of it provides us a negative effect. Not too little, not too much. The balanced intake amount and continuous eating habit are important. Our bodies are prone to be deprived omega-3 fatty acids, so we should be aware of taking an adequate amount of them in regular bases. Once again “not too little, not too much.”