



YOUR JUMP START GUIDE TO

# **AVOID TOXIC OIL**

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**Hateful 8 Challenge**

# ALWAYS BE CHECKING

## YOUR NEW MISSION IN LIFE (lol)

This PDF is your quick start guide to the Hateful 8 challenge to help you get started with the same kinds of shopping and cooking strategies that Megyn Kelly is using to **avoid seed oils**.

These Hateful 8 seed oils are the most important ingredients to avoid. Avoiding them will remove the unstable PUFA from your diet, detoxify your body and help you to reclaim metabolic health and flexibility. For reasons I go into elsewhere, it's far more important to focus first on avoiding seed oils than to do anything else.

Once you start looking, you'll find them disturbingly common in all your favorite snack foods and probably some foods you thought were good for you. That can be a shock to the system and I created this guide to help you ease into it.

Oh, and if you haven't already picked up on it, you need to remember your ABCs every time you shop. Always be checking! You will find vegetable oils in the oddest foods. My husband brought home a package of dried blueberries that, it turned out, contained vegetable oil. (They're bad for us and fungus, too.) I asked him to bring them back.



*Cheers!*

*Dr. Kate*

# How To Avoid the Hateful 8

## Step 1: Memorize the Hateful 8

### Look for These On Food Labels and In Restaurants

#### **The 3 Cs**

Canola Oil

Corn Oil

Cottonseed Oil

#### **The 3 Ss**

Soy Oil

Sunflower Oil

Safflower Oil

### Look for These Two When Dining Out

Grape Seed Oil

Rice Bran Oil

## Step 2:

Go through all the foods in your kitchen and identify which ones have seed oils. Check every package with an ingredient list. The ingredients are listed in descending order, so the amount gets smaller as they get farther down the list. Get rid of them if you can.

### **How far down the ingredients list matters?**

These oils are in spice mixes so when you see them listed among spices the amount is too minute to matter. If listed after “less than two percent” that’s ok too.

## Step 3:

Go shopping for good fats (see next page) and seed oil free foods.

Visit the shopping list of of seed oil free foods available on my website:

<https://dr cate.com/shopping-list/>

Download the meal planning made simple template, and other resources, you get when you subscribe to my free monthly newsletter:

<https://dr cate.com/subscribe/>

## Step 4:

Plan to cook dinner but most breakfast and lunches won’t require cooking. Make coffee with loads of cream, make your own yogurt parfait, and use the healthy ingredients on my shopping planner worksheet to get creative with easy no cook meals kids can make.

# Good Fat FAST FACTS

## What are some GOOD COOKING FATS I can get started with?

### All Purpose

Olive Oil

Peanut Oil

Coconut Oil and Cream

Butter and Cream

Bacon fat

Avocado oil

### Caution with Heat

Sesame Oil

(Combine with peanut or use for searing, but not extended frying)

## There are so many grades of olive oil, what should I buy?

The highest grade you can afford. The highest grade in existence is extra virgin, also called first, cold pressed, which is available unfiltered and filtered. Unfiltered usually represents a higher quality oil. The next best is “virgin” olive oil, then “pure” olive oil, then “pomace” oil, and lastly “refined.”

## I thought peanut oil was a seed oil, why is it on your good fat list?

Peanut oil is an ancient culinary oil with a long history of traditional use throughout South America, Spain, Africa and Asia. Unlike the other seeds, extreme pressure and heat are not required to extract the oil, which is why you can buy unrefined peanut oil. Peanut oil is great for Asian flavored salad dressings and stir-frying.

## Coconut oil is very high in saturated fat, how can that be good?

Saturated fat is actually the most stable kind, making coconut oil one of the best oils to use for cooking. The idea that saturated fat clogs arteries is an elaborate fiction. See Further Reading.

## Are there other healthy fats I can use? Plenty, this is just a start.

### All Dairy

All cheese (except Velveeta)

Cream, Half & Half

Cream cheese, and sour cream

### ALL FATTY MEAT & FISH

Beef and Pork: All cuts, sausage and ground meats. Leave fat on.

Poultry: Buy skin on. Rotisserie chicken is a great ‘fast food.’

Buy canned fish and oysters in olive oil. All crustaceans and shellfish.

### Plant Based

All nut butters and nuts and seeds. Buy raw, sprouted or dry roasted. Avoid if in seed oil. In peanut oil is fine.

Veggie preserves in olive oil or brine: Olives, artichoke hearts, sun-dried tomatoes.

# Quick Start Basics

## What should I do when I'm dining out?

Go Ethnic: Many Indian sauces are often made with butter, cream, yogurt and ghee. Many Mexican places use tallow in their tortillas. Vietnamese and Thai soups often have no seed oil and very healthy broth. Korean BBQ is mostly meat and fermented veggies.

Other options: Most non fast food dining establishments usually have butter on hand. Ask if they can cook anything for you in butter. Real butter not butter oil, fake butter spreads or margarine. If you like to eat out, it will be worth the trouble of finding a few who can work with you this way.

## Do I need to avoid all fast food?

Avoid the deep fried stuff, and try to avoid the unknown sauces if possible. Mustard, Ketchup, soy sauce, salt, vinegar, cheeses, sour cream, guacamole and fresh veggies are all good.

## If I'm just getting started what are the most important foods to avoid?

### IN RESTAURANTS

Deep fried and batter fried food

Examples: Donuts, crullers, French fries, onion rings, chicken nuggets, fried chicken, fish 'chips'

### IN GROCERY STORES

Junk food

Examples: Chips, crackers, microwave popcorn, "Hot Pockets," tater tots

Stealth Junk Food

Examples: Salad dressing, Mayo, Lean Cuisine and other frozen meals, canned fish, sun-dried tomatoes

## Do you have any videos I can watch to find out why these oils are toxic?

To watch a show about how seed oils cause weight gain, diabetes and inflammatory diseases click here: <https://drcate.com/future-of-fat-youtube-presentations/#video-presentation-on-how-seed-oils-cause-weight-gain-and-diabetes>

To watch a show about why your doctor does not know any of this, click here: <https://drcate.com/future-of-fat-youtube-presentations/#video-presentation-on-how-harvard-and-the-aha-have-been-misleading-us-about-cholesterol-for-over-70-years>