



210 South Prince Street, Lancaster PA 17602 • Phone: (717) 358-2017 • Fax: (717) 393-1017

## Good and bad fats for our body!

Even though fats are complicated, eating a fat-free diet is not good for your health. We need fats to survive.

Every cell is made of fat; our nerve coverings are made of fat; our brain is mostly fat; our hormones are made of fat; our cells and metabolism run better on fat. Fats help you absorb all the beneficial fat-soluble vitamins in plant foods, and some fats have been shown to reduce the risk of heart disease, type 2 diabetes, and obesity.

Don't fear fat; instead, eat the right fats with every meal. Fat won't make you fat unless you eat it with starch and sugar like most Americans.

Eat 3 to 5 servings of fat per day and eat fats mostly with vegetables.

Unless it is trans-fat, it won't cause heart disease.

The best natural fats are avocados, olives, nuts and seeds, and traditional oils like extra virgin olive oil and avocado oil. Small amounts of butter, grass-feed ghee, and coconut or MCT (medium chain triglycerides) oil are fine for most.

If you are eating a high-fat diet and are curious about how it is affecting your body, it is recommended looking into the NMR (nuclear magnetic resonance) particle-size cholesterol test.

**\*trans-fat:** when liquid oils are turned into solid fats, like shortening or margarine. Also called partially hydrogenated oils (PHO's). Trans-fatty acids are found in fried foods, commercial baked goods, processed foods, margarine, and refrigerated dough.

### FATS TO EAT

- ♥ Organic extra virgin olive oil
- ♥ Organic avocado oil
- ♥ Almond oil
- ♥ Macadamia oil
- ♥ Unrefined sesame oil
- ♥ Tahini (sesame seed paste)
- ♥ Flax oil
- ♥ Hemp oil
- ♥ Avocado, olives, and other plant sources of fat
- ♥ Nuts and seeds
- ♥ Butter from pastured grass-fed cows and goats
- ♥ Grass-feed ghee
- ♥ Organic, humanely raised fallow, lard, duck fat, or chicken fat.
- ♥ Coconut oil or MCT oil (medium chain triglycerides)
- ♥ Sustainable palm oil (look for certified sustainable palm oil)

### FATS TO LIMIT

- ♣ Soybean oil
- ♣ Canola oil
- ♣ Corn oil
- ♣ Safflower oil
- ♣ Sunflower oil
- ♣ Peanut oil
- ♣ Vegetable oil
- ♣ Grape seed oil
- ♣ Vegetable shortening
- ♣ Margarine
- ♣ Butter substitutes
- ♣ Anything that says "hydrogenated."

### PHYSICAL THERAPY

For appointments, stop by the clinic front desk or call 717-358-2017. Appointments are available from 1:00 to 4:00 pm every Wednesday.

WSHS medical clinic accepts all uninsured, no income and under 250% poverty income level patients. For questions, call 717-358-2017 during clinic hours of operation.

WSHS Dental Clinic has hired a full time dentist! Dr. Ross Norian began seeing patients in mid-May. We will continue to serve our patients with volunteer providers as well. Please contact the clinic to register and make an appointment.

### PRESCRIPTION REFILL INSTRUCTIONS & MEDICINE PICK-UP

With at least 48 hours in advance, please bring your medicine bottles to WSHS during clinic hours of operation or call (717) 358-2012.

*Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and the Son and of the Holy Spirit and teaching them to obey everything I have commanded for you. And surely, I am with you always, to the very end of the age".*  
~Matthew 28: 18-20

### ORGANIZATIONS & EDUCATORS THAT PARTNER WITH THE CLINIC

**NAAMAN CENTER:** Provides individual counseling, Outpatient Treatment & group sessions for WSM guests on Wednesdays & Thursdays 12-7pm.

For admissions call: 844-888-8085

**DIABETES CLASS:** Jean Langenbach, RN meets every 2nd & 4th Tuesday of the month in the afternoon from 3:30-4:30pm.

For admissions call the clinic nurse line 717-358-2016

### MENTAL HEALTH COUNSELING

Individual counseling is available for WSM guests Monday through Friday. Contact the Access Center to Schedule an appointment.

### CLINIC WILL BE CLOSED THE FOLLOWING DAYS

Monday evening August 7<sup>th</sup> & August 14<sup>th</sup> – 4:30-8:00pm  
Fridays, Saturdays & Sundays

## CLINIC HOURS OF OPERATION

### New Donation Hours for 2023

Monday & Wednesday 9AM—12PM  
Thursday 1PM—4PM

Water Street Health Services does not accept expired, opened, or damaged donated items.

Day	Medical	Dental	Registration
Mon	9AM—12PM	9AM—4PM	CLOSED
Tues	CLOSED	9AM—2PM	9AM—12PM 1PM—4PM
Wed	9AM—12PM	9AM—4PM	CLOSED
Thursday	2PM—5PM	9AM—3PM	9AM—12PM

## CLINIC CLOSED ON HOLIDAYS

New Year's Day  
Martin Luther King Jr.  
Memorial Day  
Juneteenth  
Independence Day July 4th  
Labor Day  
Thanksgiving Day  
Christmas Day