

Making Quality Fat Choices from Natural Foods

BENEFICIAL SATURATED FATS

PLANT SOURCES

Plant Based Oils

AVOCADO OIL, COCONUT OIL, MACADAMIA OIL, OLIVE OIL

Fruit

ALMONDS, COCONUT MEAT, CASHEWS, HAZELNUTS, PECANS, SESAME SEEDS, SUNFLOWER SEEDS, WALNUTS

PRODUCTS FROM GRASS-FED ANIMALS

Meat & Poultry

Dairy

BUTTER, GHEE, MILK-BASED PRODUCTS (CHOOSE CULTURED)

Eggs

FOODS RICH IN OMEGA-6 POLYUNSATURATED FATS

Animal

BEST CHOICE: PASTURE-RAISED/FINISHED OR WILD GAME. PRODUCTS DERIVED FROM ANIMALS FED OR RAISED THIS WAY

Seafood

ANCHOVIES, HERRING, MACKEREL, OYSTERS, SARDINES, SALMON (WILD), TUNA

Vegetables

ARUGULA, CAULIFLOWER, DARK LEAFY GREENS, PURSLANE, RADISHES, SEAWEED, SPINACH, SUMMER SQUASH, WINTER SQUASH

Fruit

AVOCADO, OLIVE

Herbs/Spices

BASIL, CLOVES, MARJORAM, OREGANO

Legumes

KIDNEY, NAVY BEANS

Nuts & Seeds

BRAZIL, CHIA, FLAX, MACADAMIA, PINE, PUMPKIN, SUNFLOWER, WALNUTS

MONOUNSATURATED FATS

Most Nuts

Avocados, Olives

Oils

AVOCADO OIL, OLIVE OIL, PEANUT OIL, HIGH OLEIC SAFFLOWER AND SUNFLOWER OILS

FOODS RICH ON OMEGA-3 FATS POLYUNSATURATED

Eggs, Meats

Seed Oils

LIMIT AND MIX WITH OILS FROM OTHER FAT SOURCES

Nuts/Seeds

ALMONDS, BRAZIL, MACADAMIA, WALNUTS, HEMP, PUMPKIN, SUNFLOWER

Legumes

PEANUTS, SOY

Fruit

AVOCADO, OLIVE

Supplements

EVENING PRIMROSE, COD LIVER OIL, FISH OIL, BLACKCURRANT OIL