

# HEALTHY FATS GUIDE



**EAT THESE:** TIP - BALANCE YOUR OMEGA 6 & 3 BY EATING 1LB OF SALMON PER WEEK

## SATURATED (FOR HOT USES/COOKING)

BUTTER	EGGS/YOLKS
COCONUT OIL	LARD
GHEE	MEAT
SEAFOOD	DUCK FAT
PALM	

## UNSATURATED (FOR COLD USES LIKE DRESSING/SAUCES)

AVOCADO	MACADAMIA
AVOCADO OIL	MACADAMIA OIL
OLIVE OIL	SESAME OIL
WALNUTS	ALMONDS
WALNUT OIL	*INCLUDES NUT BUTTERS
PECAN	
PECAN OIL	

**DON'T EAT THESE:** TIP - HIGHLY TOXIC & LEAD TO AUTOIMMUNE DISEASES

## MOSTLY MAN-MADE & HIGH PROCESSED FATS

HYDROGENATED OIL  
PARTIALLY HYDROGENATED  
I CAN'T BELIEVE IT'S NOT BUTTER  
EARTH BALANCE  
BENECOL  
MANY OTHER ARTIFICIAL BUTTERS

CANOLA OIL  
CORN OIL  
GRAPE SEED OIL  
SAF FLOWER OIL  
SOYBEAN OIL  
VEGETABLE OIL

TIP - MOST CANNED NUTS, BAKED AND PACKAGED GOODS, AND RESTAURANTS USE THESE