

# fats/oils:

cleaning up your diet by using the right fats & oils is essential to improving your health from the inside out.

## WHICH TO EAT:

### SATURATED FOR HOT USES

*non-animal fats, organic, unrefined forms are ideal*

coconut

palm

*animal fats, from pasture-raised/grass-fed & organic sources are ideal*

butter

ghee

lard

tallow

schmaltz\* (chicken fat)

lamb fat

duck fat

full fat dairy

eggs, meat & seafood



*\*higher in omega 6 fatty acids so they should be consumed in moderation*

### UNSATURATED FOR COLD USES

*organic, extra virgin and cold-pressed forms are ideal*

olive oil

sesame oil

nut oils (walnut, pecan, macadamia)

flaxseed oil\*\*

avocado

nuts & seeds

(including nut & seed butters)



NOTE: unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. we do not want to consume damaged fats.

*\*\*flaxseed oil is okay for moderate use but supplementing with it or doses of 1-2 Tbsp/day is NOT recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal*



## WHICH TO DITCH:

### SATURATED

*man-made fats are never healthy. trans-fats are particularly harmful.*

margarine

hydrogenated or partially hydrogenated oils

man made trans-fats often found in "buttery spreads" including oil blends like Earth Balance, Benecol and I Can't Believe It's Not Butter to name a few

### UNSATURATED

*these oils are highly processed and oxidize easily via one or more of the following: light, air or heat. consuming oxidized oils is never healthy.*

canola oil (also known as rapeseed oil)

corn oil

safflower oil

vegetable oil

rice bran oil

soybean oil

grapeseed oil

sunflower oil