

What Are

Healthy Fat Sources?

Skip the Trans Fats which are popular for cooking & are in packaged cookies, chips, & crackers. These unhealthy fats increase the chance of heart problems, affect insulin levels, & harm blood cells. Over time, these create cholesterol buildup that clogs arteries, dangerously restricting blood flow to the heart & other organs.

INSTEAD, USE THE HEALTHY FAT SOURCES BELOW:

HEALTHY FAT

sources

butter (grassfed is better)

ghee (clarified butter)

coconut (meat and oil)

nuts and nut butter

seeds and seed butter

red meat (*excluding ultra lean sources*

which don't contain much fat like

venison which is healthy but not a

source of fat)

dark meat

meat with skin and/or on bones

cheese (from grassfed cows is better)

cream (from grassfed cows is better)

avocado

cold pressed olive oil

cold pressed avocado oil

pecan oil

sesame oil

palm oil