

# Which Fats to Eat + Which to Leave

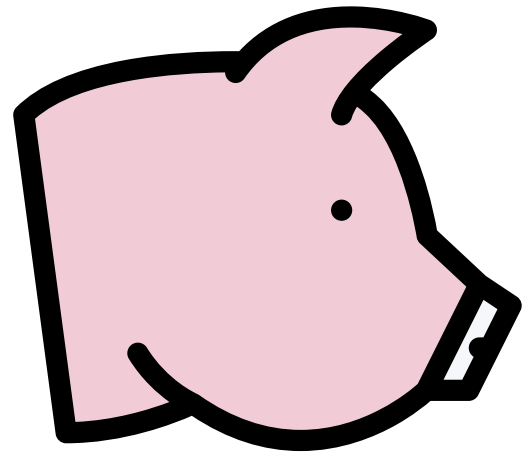
## TOP 10 FATS

1. Animal organs
2. Bone marrow
3. Grass-fed beef + wild game
4. Nuts, seeds + butters
5. Oils + lards (high in SFA's)
6. Organic, pastured eggs
7. Pork products
8. Raw dairy products
9. Sea vegetables
10. Sustainably sourced seafood

## EAT SFA'S

\*Foods with an asterisk indicate high-heat cooking oils/lards

Avocados  
Avocado oil  
Beef tallow  
Bison tallow  
Cocoa butter  
Coconut oil  
Duck fat  
Extra-virgin olive oil\*  
Ghee or grass-fed butter  
Macademia nut oil\*  
MCT oil  
Palm kernel oil\*  
Pork lard\*



## LEAVE PUFA'S

- Canola oil
- Corn oil
- Cottonseed oil
- Flax oil
- Grapeseed oil
- Safflower oil
- Sesame oil
- Soybean oil
- Peanut oil
- Vegetable oil

## TRANS FATS

**Avoid at all costs!**

- Hydrogenated or partially-hydrogenated oils
- Margarine or pseudo-butter spreads and sprays
- Vegetable shortening