

Which Fats to Eat + Which to Leave

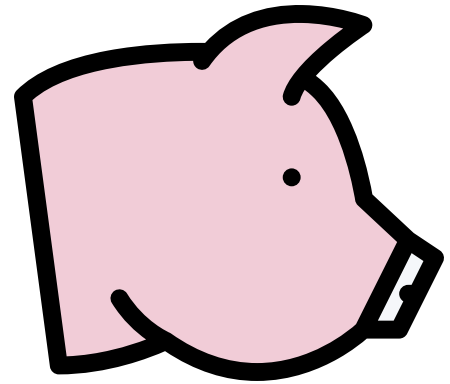
TOP 10 FATS

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