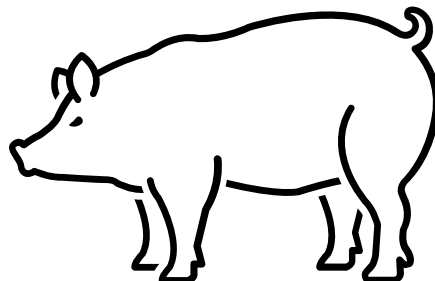


# WHICH FATS TO EAT + WHICH TO LEAVE

## 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\*
- Macadamia 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

