

Fat sources on keto



PLANT BASED

Oils:

Oils such as **olive oil**, **avocado oil**, and **coconut oil** are staples of the ketogenic diet. Full-fat coconut oil, in particular, is a ketone booster due to its abundance of medium-chain triglycerides (MCTs).

MCT Oils:

MCT oils, such as those derived from coconut oil, are a concentrated source of MCTs. They can be added to coffee, smoothies, or salad dressings to boost fat intake and support ketosis.

Cacao Butter:

Rich in antioxidants and healthy fats, cacao butter can be added to smoothies for a creamy texture or used in keto-friendly desserts. It's a great source of saturated fats, which are essential for brain health.

Avocadoes:

Avocadoes are a great source of monounsaturated fats, which are heart-healthy and can support brain function.

Olives:

Olives and olive oil are rich in monounsaturated fats and antioxidants, which can help reduce inflammation and support cardiovascular health. They're a versatile ingredient that can be used in cooking or as a salad dressing.

Nut butters:

Excellent sources of plant-based fats, fiber, and protein, making them ideal for a ketogenic diet. Almonds, walnuts, and macadamia nuts are particularly high in healthy fats and can be enjoyed as a snack or incorporated into recipes. Natural nut butters, such as almond or walnut butter, are great for adding flavor and creaminess to dishes without added sugars or unhealthy oils.

Seed Butters:

Seeds like chia, flax, and hemp seeds are rich in omega-3 fatty acids and can be ground into a buttery texture for easy consumption. These fats are important for brain health and can help reduce inflammation.

Mayonnaise:

High-quality mayonnaise made from healthy oils like olive or avocado oil can be a convenient way to add fat to meals. It can be used as a dip, dressing, or added to dishes for extra creaminess.

Others:

Coconut manna (great for baking), macadamia oil

ANIMAL FAT

Butter/Ghee:

Rich in saturated fats and fat-soluble vitamins, butter and ghee can add flavor and richness to meals. Look for grass-fed varieties for added nutritional benefits,

Lard:

Rendered pork fat, lard is a versatile fat that can be used for frying, baking, or cooking. It has a high smoke point and adds a rich flavor to dishes.

Tallow:

Rendered beef fat, tallow is another great option for cooking and frying. It has a high smoke point as well and can add a savory flavor to foods.

Duck Fat:

Duck fat is a flavorful fat that is particularly well-suited for roasting vegetables or frying potatoes. It adds a rich, savory flavor to dishes.

Goose Fat:

Similar to duck fat, goose fat is a flavorful fat that can be used for roasting or frying. It adds a rich, savory flavor to dishes.

Chicken Fat (Schmaltz): Rendered chicken fat, also known as schmaltz, is a traditional fat used in Jewish cooking. It can be used for frying or as a flavoring agent in dishes.

Bacon Fat: The rendered fat from bacon, bacon fat is a flavorful fat that can be used for frying or as a flavoring agent in dishes. It adds a smoky flavor to foods.

***Incorporating these fat sources in **organic and/or grass-fed varieties**, if applicable, and in the recommended ratios, would be the best way to support mental health and overall well-being on the ketogenic diet.*
