

High-Quality Fats

High-Quality Fats:

- Grass-Fed Beef
- Chia Seeds
- Poultry: Organic
- Wild Game
- Eggs
- Olives
- Avocados
- Algae/Seaweed
- Halibut
- Shrimp
- Snapper

Healthiest Fats:

- Olive oil (virgin)
- Hemp oil (unrefined)
- Coconut oil (unrefined)
- Almond oil
- Macadamia oil
- Tea Seed oil
- Pecan oil
- Hazelnut oil (unrefined)
- Avocado oil (unrefined)
- Flax oil (unrefined)
- Olives (green or black)
- Avocados

Commonly Genetically Modified Fats:

- Corn oil
- Cottonseed oil
- Palm and Palm Kernel oil
- Soybean oil

- Nuts/Seeds
 - Almonds
 - Cashews
 - Almond Butter
 - Macadamia Nuts
 - Pine Nuts
 - Brazil Nuts
 - Pecans
 - Hazelnuts/Filberts
 - Sunflower Seeds
 - Pumpkin Seeds

Fats Better for Cooking:

- Coconut oil
- Grass-Fed Butter
- Macadamia oil
- Almond oil
- Pecan oil
- Hazelnut oil
- Avocado oil (unrefined/raw)
- Tea Seed oil
- Rice oil/Rice Bran oil

Fats Best for dressings/Sensitive to high temperatures

- Safflower (unrefined)
- Flax (unrefined)
- Hazelnut (unrefined)
- Olive
- Hemp (unrefined)

- Canola (Rapeseed) (Conventional) oil
- Margarine
- Mayonnaise
- Shortening
- Hydrogenated oils

Foods High in MUFAs:

Olive oil

- Hazelnut oil (unrefined)
- Safflower oil (unrefined)
- Macadamia oil
- Almond oil
- Tea seed oil
- Pecan oil
- Hazelnut oil (refined)

Foods high in Omega 3s:

- Hemp oil
- Flax oil/seeds/meal
- Walnuts/Walnut oil
- Algae
- Chia Seeds
- Salmon
- Scallops
- Soybeans
- Halibut (Baked/Broiled)
- Snapper (Baked)
- Tofu (raw)
- Winter Squash
- Tuna, yellowfin
- Cod (baked)
- Kidney beans

Other fats:

- Butter (grain fed)
- Sesame
- Grapeseed
- Safflower (refined)
- Butter (Grass fed)
- Ghee