

fats/oils:

cleaning up your diet by using the right fats & oils is essential to improving your health from the inside out.

WHICH TO EAT:

SATURATED FOR HOT USES

non-animal fats, organic, unrefined forms are ideal

coconut
palm

animal fats, from pasture-raised/grass-fed & organic sources are ideal

butter
ghee
lard
tallow
schmaltz* (chicken fat)
lamb fat
duck fat
full fat dairy
eggs, meat & seafood



**higher in omega 6 fatty acids so they should be consumed in moderation*

UNSATURATED FOR COLD USES

organic, extra virgin and cold-pressed forms are ideal

olive oil
sesame oil
nut oils (walnut, pecan, macadamia)
flaxseed oil**
avocado
nuts & seeds
(including nut & seed butters)



NOTE: unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. we do not want to consume damaged fats.

***flaxseed oil is okay for moderate use but supplementing with it or doses of 1-2 Tbsp/day is NOT recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal*



WHICH TO DITCH:

SATURATED

man-made fats are never healthy. trans-fats are particularly harmful.

margarine
hydrogenated or partially hydrogenated oils
man made trans-fats often found in "buttery spreads" including oil blends like Earth Balance, Benecol and I Can't Believe It's Not Butter to name a few

UNSATURATED

these oils are highly processed and oxidize easily via one or more of the following: light, air or heat. consuming oxidized oils is never healthy.

canola oil (also known as rapeseed oil)
corn oil safflower oil
vegetable oil rice bran oil
soybean oil
grapeseed oil
sunflower oil