

# Fat Sources

Your guide to which fat sources should be your go to options

Eat more



Avocado



Cheese aged more than 6 months



Eggs



Olives



Peanuts & natural peanut butter



Nuts; cashews, pistachios, almonds, brazils, pecans, walnuts



Walnut oil



Seeds; chia, flax, hemp, pumpkin, sesame



Extra virgin olive oil



Fresh unprocessed coconut



Nut butters using any other nuts within this category

Eat some



Cheese aged less than 6 months



Sesame oil



Coconut oil



Cream



Dark chocolate



Flaxseed oil



Fish oil



Regular peanut butter & peanut oil



Marinades & dressings with oils from this category



Coconut milk



Light olive oil

Eat Less



Margarine



Hydrogenated oils & trans fat



Vegetable, canola, soybean, cottonseed oils



Shortening



Butter



Sunflower oil



Processed cheese



Marinades & dressings with oils from this category



Fat rich foods with 10+g added sugar



Corn oil