



# HEALTHY FATS

VS

# UNHEALTHY FATS

## Unhealthy fats

- Corn oil
- Canola oil
- Vegetable oil
- Trans fats
- Margarine
- Vegetable shortening
- Soybean oil (see note below)
- Partially hydrogenated oils

Partially hydrogenated oils are found in processed snack foods and baked goods, processed meats, fried foods such as french fries and doughnuts.

Check for the word “hydrogenated,” on food labels and ingredient lists.

Some experts say small amounts of soybean oil are acceptable.

## Healthy fats

- Avocados
- Avocado oil
- Butter and ghee (from grass-fed cows)
- Coconut milk
- Coconut oil
- Extra virgin olive oil

### Nuts and seeds

- Macadamia
- Pecans
- Almonds
- Walnut
- Nut butters (not peanut butter)
- Chia seeds
- Flaxseed
- Pumpkin seeds
- Sunflower seeds

### Protein sources

- Grass-fed beef
- Chicken thighs
- Wild caught salmon
- Shrimp
- Herring
- Sardines
- Anchovies
- Trout
- Cheddar cheese (from grass-fed cows)
- Parmesan cheese
- Eggs (pasture raised chickens)

## Reference

Mercola, Joseph. Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy. Hay House, Inc, 2018.