

# Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

## EAT MORE



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



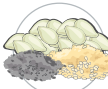
Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Olives



Pesto made w/ extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut

## EAT SOME



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



Marinades and dressings with oils in this category



Fish and algae oil



Cream



Cheese aged <6 months



Flavored nuts and nut butters



Trail mix

*Often rich in carbohydrates as well, with sources of varying quality.*



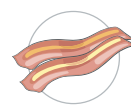
High oleic safflower oil



High oleic sunflower oil

*These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.*

## EAT LESS



Bacon



Sausage

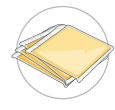
*Also sources of protein, though usually higher in less desirable fats.*



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats



Shortening