



OPTIMAL FATS

The best fats are organic cold-pressed extra-virgin olive oil and coconut oil, nuts and seeds, olives, wild fatty fish, avocados, grass fed meats, a little bit of grass fed butter, and ghee.

MEDIUM HEAT	LOW HEAT	COLD
Coconut Oil	Olive oil	Flaxseed Oil
Ghee		Walnut Oil
Avocado Oil	Butter	Pumpkin Seed Oil
*For all: high quality is important. Virgin/extra Virgin and cold pressed oils are superior.		

OTHER BENEFICIAL SOURCES OF FATS

Avocado	Cold water fish*	Walnuts
Pasture eggs*	Grass-fed beef*/**	Almonds
	Grass-fed dairy*/**	Macadamia nuts
		Cashews
		Coconut
		Hazelnuts
*High quality sources and feed make for a superior nutrient and fatty acid profile.		
**In moderation – obviously only if digested well.		