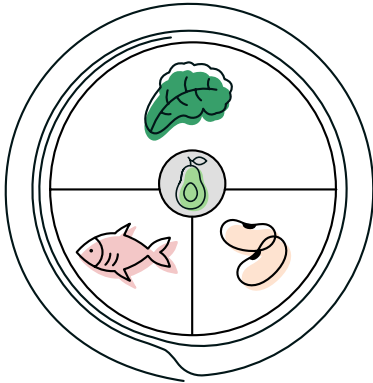


Fats on Your Plate

Fats are essential for fuel, hormone production, and absorbing key vitamins. They also add flavor and a sense of fullness to meals.



Add 1–2 tablespoons of healthy fats for hormones & brain health.

When building your plate, focus on high-quality fats. The amount of fat you include at each meal can vary depending on your energy needs, but 1–2 tablespoons is a simple guideline to start with. Pay attention to how your body feels and adjust based on satiety and personal metabolic health goals.

Heart-Healthy Fats

These fats are rich in omega-3s, monounsaturated, and polyunsaturated fats that reduce inflammation, stabilize blood sugar, and support heart health.

- **Avocado & avocado oil.** Rich in monounsaturated fats and fiber.
- **Olive oil & olives.** Loaded with antioxidants and healthy fats.
- **Nuts** (Macadamia, almonds, walnuts, pecans, pistachios & Brazil). High in healthy fats and fiber.
- **Seeds** (Pumpkin, hemp, & basil seeds). Rich in healthy fats, fiber, and minerals like magnesium and zinc. Perfect for snacking or adding to meals.
- **Chia & flaxseeds.** Excellent plant-based omega-3s and fiber, perfect for smoothies or yogurt.
- **Nut butters** (unsweetened). Choose varieties without added palm oil or sugar.
- **Oily fish** (salmon, sardines, mackerel, tuna): High in omega-3s to reduce inflammation and support brain health.
- **Eggs** (whole, pasture-raised). The yolk contains healthy fats and essential nutrients; the whole egg offers high-quality protein.



Pro Tip: Know Your Fats

There are 4 main types of fats

1. Monounsaturated,
2. Polyunsaturated,
3. Saturated
4. Trans fats.

The goal is to choose fats that promote health while minimizing those that can cause inflammation and metabolic issues.





Saturated Fats

While saturated fats are not inherently harmful, it is important to consume them mindfully. Focus on quality sources like grass-fed and pasture-raised animal products. Compared to conventionally raised options, these contain more beneficial fats like CLA (conjugated linoleic acid) and omega-3s.

- Butter (grass-fed). A good source of vitamins A and K2.
- Ghee. Clarified butter is rich in healthy fats and fat-soluble vitamins with anti-inflammatory properties that are stable for cooking.
- Coconut oil. Rich in medium-chain triglycerides, which can be converted quickly to energy.
- Full-fat dairy (grass-fed). Unsweetened varieties of full-fat yogurt, cheese, and milk.



Fats to Avoid

Certain fats, particularly trans fats and industrial vegetable oils, can promote inflammation, insulin resistance, and other metabolic dysfunctions.

- Hydrogenated and partially hydrogenated oils. Commonly found in processed snacks, baked goods, margarine, and shortening.
- Industrial seed oils (canola, corn, soybean, sunflower, or safflower oils). These oils are often highly processed and contain an imbalance of omega-6 to omega-3 fats, which can increase inflammation.
- Processed snack foods. Items made with trans fats or industrial seed oils (chips, crackers, certain baked goods).
- Fast foods. Particularly those fried in unhealthy oils like French fries or fried chicken.

Remember, the best nutrition is found through whole food sources. These options not only provide healthy fats but also offer fiber, antioxidants, and essential nutrients that processed oils and fats lack.

