



A Guide to Healthy Fat



The terms 'saturated' or 'unsaturated' fats refers only to their biochemical properties and provide little information about whether fats are healthy or unhealthy. All natural sources of fats contain both saturated and unsaturated fats. Generally, fats that are close to their natural form are healthy, where those fats that are highly refined and processed are not healthy.

Adding Healthy Fats to Your Diet

Natural unprocessed fats are a healthy part of the diet, providing essential fatty acids and helping to keep you full.

Here are a few simple suggestions:

- Select a fatty protein sources, such as chicken thighs instead of a chicken breasts
- Sauces made from healthy fats, such as bearnaise sauce, chimichurri, herb and garlic butter, and mayo easily add tons of flavour to your dishes
- Flavoured extra virgin olive oils can be drizzled over salads or steamed vegetables
- Add a side of avocado or mix some nuts and seeds into your salads and vegetable dishes
- Add full fat dairy – like cream, sour cream or crème fraiche to add texture to your dishes

Refined Fats

Avoid Whenever Possible

- Margarine
- Oils: Vegetable, corn, canola, grape seed, cotton seed, safflower seed, sunflower seed, soybean, peanut oils
- Processed cheeses: Cheese slices wrapped in plastic, canned/spray cheeses, cheese found in tubes and boxes
- Processed meats: Bologna, hot dogs

Natural Fats

Should make up the bulk of your diet

- Meat: Any kind (preferably grass fed)
- Poultry and eggs (preferably free-range, hormone-free and organic grain-fed)
- Fish and seafood (preferably wild, not factory farmed)

YOU EAT WHAT YOUR FOOD EATS!

- Oils (buy organic when you can): Avocado oil, extra-virgin olive oil, MCT oil (made from the fatty acids found in coconut oil, palm kernel oil and certain dairy products), and macadamia nut oil
- Dairy: Unprocessed cheese and full fat dairy, ghee and butter
- Nuts: Macadamia, pine, almonds walnuts, pecans, brazil nuts – avoid cashews and pistachios
- Seeds: Chia seeds