



The Action Points

1. Eat plenty of natural fats, both saturated and unsaturated. Here are some tips:

- Choose fattier cuts of meat, such as a chicken leg instead of a boneless, skinless chicken breast
- Cook your meat and vegetables in healthy natural fats, such as coconut oil, butter or beef tallow
- Sauces made with natural fats, like chimichurri, full-fat sour cream, cottage cheese and mayo with an olive base are great ways to add some fatty flavour to dishes that otherwise don't have a lot of fat
- Mix in some nuts and seeds into your salads
- Avocados goes great with almost everything or just by themselves

2. Avoid industrially processed oils. These include seed oils like vegetable, corn, safflower and canola oil

Many prepared food products use these as well, so try to make sure that you are eating foods at home. Vegetable oils are high in omega 6 fatty acids which are highly inflammatory when overeaten.

3. Choose full fat dairy products instead of low fat ones