

# fats/oils:

cleaning up your diet by using the right fats & oils is essential to improving your health from the inside out.

## WHICH TO EAT:

### SATURATED FOR HOT USES

*non-animal fats, organic, unrefined forms are ideal*

coconut  
palm  
*animal fats, from pasture-raised/grass-fed & organic sources are ideal*  
butter  
ghee  
lard  
tallow  
schmaltz (chicken fat)  
lamb fat  
duck fat  
full fat dairy  
eggs, meat & seafood



### UNSATURATED FOR COLD USES

*organic, extra virgin and cold-pressed forms are ideal*

olive oil  
sesame oil  
nut oils (walnut, pecan, macadamia)  
flaxseed oil  
avocado  
nuts & seeds  
(including nut & seed butters)



NOTE: unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. we do not want to consume damaged fats.



## WHICH TO DITCH:

### SATURATED

*man-made fats are never healthy. trans-fats are particularly harmful*

margarine  
hydrogenated or partially hydrogenated oils  
man made trans-fats often found in "buttery spreads" including oil blends like Earth Balance, Benecol and I Can't Believe It's Not Butter to name a few

### UNSATURATED

*these oils are highly processed and oxidize easily via one or more of the following: light, air or heat. consuming oxidized oils is never healthy*

canola oil (also known as rapeseed oil)  
corn oil  
vegetable oil  
soybean oil  
grapeseed oil  
sunflower oil  
safflower oil  
rice bran oil