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)

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

*higher in omega 6 fatty acids so they should be consumed in moderation

**flaxseed oil is okay for moderate use but supplementing with it or doses of 1-2 Tbsp/day is NOT recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal

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