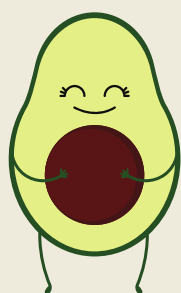


Fats 101

A quick guide for what fats to include in your diet.



Ghee



Avocado



Grass fed whole milk daily
(or raw)



Nuts and Seeds



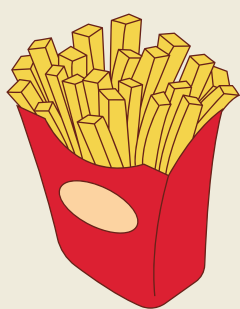
Salmon



Olive Oil

Focus on including these types of food into your diet to ensure intake of healthy fats. Healthy fats are important for hormone regulation, energy balance, vitamin absorption, inflammatory function. Look for names such as Omega-3, Omega 6, Omega-9.

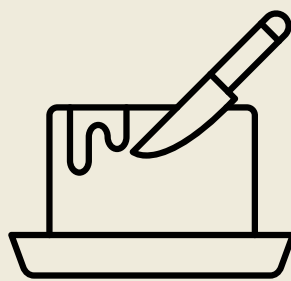
Monounsaturated fat, Polyunsaturated fat,
Keep in mind there is a proper ratio to these fats and requires a bio-individual approach.



Foods fried in vegetable/
canola oil



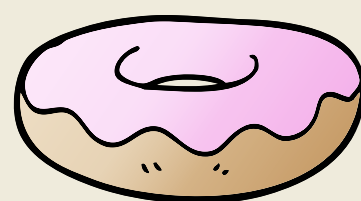
Canola oil/
vegetable oils



Shortening/ margarine



Excess processed desserts



High sugar foods

Avoid processed foods and fats. These foods require extra processing and heat to be ready for human consumption.

Look for the name trans-fat.

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