

Healthy Fats

These are simply examples to get you started — not an all-inclusive list. If your favorite isn't here, absolutely add it! Note that there are also healthy fats in protein like fatty fish and dairy.

Plant Oils



- Olive
- Avocado
- Canola
- Flaxseed

Whole Fats



- Avocado
- Olives
- Coconut
- Dark
Chocolate

Butters



- Peanut
- Almond
- Cashew
- Sunflower
- Tahini

Nuts & Seeds



- Almonds
- Walnuts
- Cashews
- Nut Butters
- Chia & Flax Seeds
- Pumpkin &
Sunflower Seeds