

# Quality Dietary Fats



Dietary fat is an essential building block of the body. It is required for almost every process in your body, especially immune function, digestion, detoxification, brain, hormone, mood and skin health. Incorporating quality fats into your diet will not only aid in proper absorption of nutrients but also makes food taste delicious & helps you to feel full + satisfied after meals!

## What are Quality Fats?

- ✓ Grass-fed & finished, pasture raised, wild caught meat and game
- ✓ Pasture raised poultry and eggs
- ✓ Wild caught seafood
- ✓ Grass-fed full fat & raw dairy
- ✓ Grass fed butter & ghee
- ✓ Avocados & avocado oil
- ✓ Olives and olive oil
- ✓ Soaked & sprouted, raw & lightly toasted nuts and seeds
- ✓ Nuts & Seeds butters
- ✓ Cocoa butter

### Baking Broiling, Frying, Grilling & Roasting:

- \* Lard & Tallow
- \* Ghee
- \* Coconut oil
- \* Red Palm oil

### Quick stir-frying, light sautéing and slow/low simmering:

- \* Butter
- \* Olive oil
- \* Avocado oil
- \* Sesame oil

Always choose organic, unrefined, cold-pressed and virgin oils.

### Drizzle over salad & veggies or use in smoothies & dips:

- \* Extra virgin olive oil
- \* Walnut oil
- \* Flax oil
- \* Chia oil
- \* Hemp oil

### Avoid in all forms:

Canola oil  
Soybean oil  
Cottonseed oil  
Hydrogenated/partially hydrogenated oil  
Margarine & shortening

These oils are over-processed & toxic, causing inflammation that can lead to premature aging, disease and cancer.