

# HEALTHY FATS

Using the right fats and oils for the right things can help improve your cooking experience and your overall lifestyle.

## TO EAT

### SATURATED:

*Saturated fat is ideal to use with heat and cold food.*

#### PLANTS:

*Look for organic & unrefined*

Coconut  
Palm  
Avocado oil



#### ANIMALS:

*Look for grass-fed & organic*

Ghee  
Lard  
Tallow  
Schmaltz  
Lamb fat  
Duck fat  
Full-fat dairy  
Eggs, meat, seafood  
Butter

### UNSATURATED:

*Unsaturated fat is for use with cold food*

Flaxseed oil  
Olive oil  
Sesame oil

Nuts and seeds (and their butters)  
Nut oils (walnut, pecan, macadamia)

Canola oil  
Rapeseed oil  
Corn oil  
Soybean oil  
Grapeseed oil  
Sunflower oil  
Safflower oil  
Rice bran oil

## TO AVOID

Margarine  
Hydrogenated oils  
Man-made trans-fats  
Partially hydrogenated oils

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WELLNESS

@DiabeticDietitian