

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 fats are used for cooking with heat

Plants:

Look for organic and unrefined

- Coconut
- Palm



Animals:

Look for grass-fed and organic

- Ghee
- Lard
- Tallow
- Schmaltz
- Lamb/Duck fat
- full-fat dairy
- Butter
- Eggs/meat/seafood

Unsaturated:

Saturated fats are used with cold foods

- Flaxseed oil
- Olive oil
- Sesame oil
- Nuts and seeds (and their butters)
- Nut oils (walnut, pecan, macadamia)
- Avocado oil

To Avoid

- Canola oil
- Grapeseed oil
- Corn oil
- Soybean oil
- Rapeseed oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Margarine
- Hydrogenated oil
- Man-made trans-fats
- Partially hydrogenated oils