

What kind of Fat is that?

Saturated Fats

beef
lamb
pork
poultry with skin
lard and cream
butter
milk & milk products
coconut oil
palm oil
chocolate
bacon

Trans Fats

fried foods
fast food
pre-packed sweets; cakes,
donuts
popcorn
chips
crackers
frozen pies & pizza
margarine

Mono-unsaturated Fats

avocado
olive oil
peanut oil
canola oil
sesame oil
olives
peanut butter
sesame seeds & tahini
almonds
cashews
peanuts

Poly-unsaturated Fats

Omega-3:
salmon
herring
mackerel
tuna
flaxseed
walnuts
chia seeds

Omega-6:
Margarine (non-hydrogenated)
pine nuts
walnuts
pumpkin seeds
sunflower seeds
mayonnaise