

THE GOOD ~ UNSATURATED FAT



Avocado Oil



Avocado



Olive Oil



Salmon



Nut Butter



Almonds



Walnuts



Brazil Nuts



Pecans



Peanuts



Sunflower Seeds

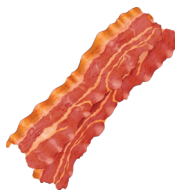


Pumpkin Seeds

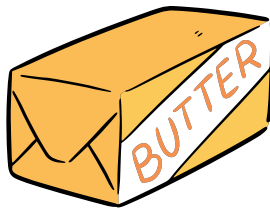
THE BAD ~ SATURATED FAT



Red Meat:
High Fat Cuts



Bacon
Sausage



Butter

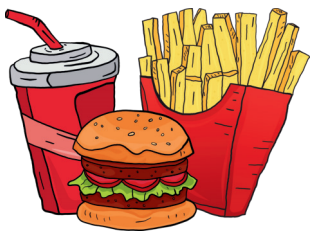


Mayonaise



Heavy Cream

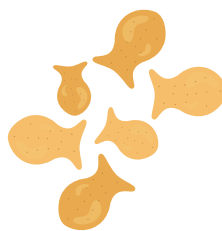
THE UGLY ~ TRANS (HYDROGENATED) FAT



Fast Food



Chips



Crackers



Shortening



Pastries

IMPORTANCE OF OMEGA 3 FATTY ACIDS

- Reduces risk of cardiovascular disease
- Reduces risk of blood clots
- Slows production of Atherosclerosis
- Reduces LDL Cholesterol and Triglycerides; Raise HDL Cholesterol
- Lowers Blood Pressure
- Reduces Chronic Inflammation

WHAT IS ALPHA LINOLENIC ACID (ALA)

Precursor to DHA/EPA found in plants

- Flaxseed
- Chia Seed
- Hemp Seed (Hemp Hearts)
- Avocados
- Tree Nuts
- Seeds

SATURATED FATS

- Solid at room temperature
- Increase risk of heart disease
- LDL Cholesterol and Total Cholesterol

FULL LIST NUTS/SEEDS

NUTS

Pecans
Walnuts
Almonds
Macadamia Nuts
Brazil Nuts
Cashews
Pistachios
Hazelnuts

SEEDS

Flax seed
Chia seed
Hemp seed
Sesame seed
Pumpkin seed
Sunflower seed

DHA/EPA FOODS

Salmon
Mackeral
Sardines
Anchovies
Caviar

TRANS FATS

Increases LDL
Decreases HDL
Increases Total Cholesterol

