
















## STOCK UP ON HEALTHY FATS

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Use this resource for inspiration as you stock up on some of the **healthiest fat sources**. This document repeats some of the information shared in [FATS: HEALTHY VS. UNHEALTHY SOURCES](#), but in a more condensed format.

OILS FOR COOKING SEASONING FOODS				
Avocado Oil	Extra Virgin Olive Oil	Coconut Oil	Sesame Oil	MCT Oil
				
Avocado and olive oil have a similar fatty acid profile; use either to cook or season foods.	Get extra virgin (EVOO) in a dark bottle. Store away from light/heat. Olive oil buying guide <a href="#">here</a> .	Many potential <a href="#">health benefits</a> ; good oil for <a href="#">cooking</a> and in low-carb treats; <a href="#">refined vs unrefined</a> .	Many potential <a href="#">health benefits</a> ; buy unrefined; use within <a href="#">9 months</a> of opening.	Many potential <a href="#">health benefits</a> ; buy C8 or C8/C10 for highest quality; often used on Keto diets.
BUTTER AND MAYO				
Butter	Ghee	Avocado Oil-Based Mayo Options		
				
Organic butter from <a href="#">grassfed cows</a> is the <b>BEST</b> option; <u>any</u> real butter is superior to margarine. Butter storage tips <a href="#">here</a> .	<a href="#">Ghee</a> is clarified butter; has a high smoke point; great for cooking; lactose-free; may store on the counter.	<a href="#">Primal Kitchen Original</a> ; this is a quality brand, all flavors included. Find locally or order online.	<a href="#">Chosen Foods Mayo</a> ; be sure to read the <a href="#">ingredients list</a> on all avocado-based mayos; avoid soybean oil!	<a href="#">Primal Kitchen Chipotle Lime</a> ; try this or another flavored mayo sometime!
SALAD DRESSINGS				
Read labels carefully! Avoid <u>soybean oil</u> . Some brands have <u>multiple versions</u> of dressings.				
Primal Kitchen	Bragg's	Brianna's	Newman's Own	Chosen Foods
				
Dressings and marinades available; see options <a href="#">here</a> .	Dressings and marinades available; see options <a href="#">here</a> .	This particular one is made from avocado oil; learn more <a href="#">here</a> .	This is a <a href="#">newer one</a> , made with avocado and EVOO.	Dressings in a variety of flavors; see options <a href="#">here</a> .

OTHER SOURCES OF FAT				
Avocado	Guacamole	Heavy Cream	Sour Cream	Cheese
				
Buy a bag, allow them to ripen on the counter, then store in the fridge. Great on salads or as part of a healthy snack.	Keep it simple and buy these <a href="#">individual containers</a> ; use on low-carb wraps; with Mexican dishes; on boiled eggs.	Use in coffee; make whipped cream; an ingredient in many low-carb dishes; use ½ & ½ for less fat; <a href="#">organic</a> preferred.	Many uses; <a href="#">Good Culture</a> is an outstanding brand if you can find it. Or substitute with plain Greek yogurt.	Cheese is a source of fat that is <a href="#">particularly healthy</a> when from grassfed cows, sheep or goats. Try <a href="#">Kerrygold</a> .
NUTS AND SEEDS				
Get raw versions without all the “extras” on them - aim for minimal ingredients and less processed ones. Nuts and seeds contain <a href="#">carbs</a> , <a href="#">protein</a> and <a href="#">fat</a> ; but they are mostly considered a “high fat” food.				
Almonds	Macadamia	Pecans	Walnuts	Mixed Nuts
				
Use any of these as part of a healthy snack; chopped up on top of Greek yogurt; or add crunch to salads. Limit to one portion per day (1/4 cup or 1 oz nuts or 2 Tbsp nut butter).				
Pistachios	Almond Butter	Peanut Butter	Pumpkin Seeds/Pepitas	Chia Seeds
				
<p><a href="#">The 3 Major Mistakes You're Making When Buying and Storing Nuts;</a>  <a href="#">Everything You Need to Know about Tree Nut Allergy</a>  <a href="#">Peanut Allergy</a>  <a href="#">35 Fun Ways to Eat Chia Seeds</a></p>				

**PROTEIN FOODS FROM ANIMALS** (red meat, pork, poultry, fish, etc) is another source of fat in the diet. When this fat comes from organic, grass fed, wild caught animals that have eaten a species-appropriate diet, it may be ok to consume these fats. Or you could play it safe and go for the leaner options of all of these, and/or drain all fat when cooking. Add back some quality fats (as shown in this PDF) for flavor.

## NUTRIENT COMPARISON OF HIGHER FAT FOODS

Use this chart to compare nutrients in a variety of higher fat foods. The **best options** are made from **high quality ingredients**. This might mean they come from **grass-fed animals**; or they might be **minimally processed** and have **minimal ingredients**. These food qualities (food origin, amount of processing) are not illustrated in this chart.

**Saturated fat** is a nutrient that we are usually advised to limit. Saturated fat may actually be well-tolerated on a low-carb plan. But definitely limit saturated fat if you tend to follow a higher-carb plan. Foods high in starches and sugars + foods high in saturated fat is not a healthy combination. It likely has something to do with the increased insulin levels present when lots of carbs are consumed.

FOOD	PORTION SIZE	GALORIES	CARBS (grams)	PROTEIN (grams)	FAT (grams)	SAT. FAT (grams)
<b>COOKING OILS</b> (The best options are shown below; avoid <b>soybean</b> and other <b>seed oils</b> .)						
avocado oil	1 tablespoon	120	0	0	13.6	1.6
coconut oil	1 tablespoon	122	0	0	13.5	11.2
olive oil	1 tablespoon	119	0	0	13.5	1.9
sesame oil	1 tablespoon	120	0	0	13.6	2.0
<b>BUTTER &amp; BUTTER-LIKE OPTIONS</b> (The best options shown below; avoid <b>soybean</b> and other <b>seed oils</b> )						
<i>Don't be fooled by Country Crock's avocado oil butter; it also contains soybean oil!</i>						
butter	1 tablespoon	102	0	0.1	11.6	7.2
ghee	1 tablespoon	112	0	0	12.7	7.9
<b>MAYO</b> (The best options avoid <b>soybean</b> and other <b>seed oils</b> ; Dukes is listed below for comparison.)						
avocado oil based - Chosen Foods	1 tablespoon	90	0	0	10.0	1.5
avocado oil based - Primal Kitchen	1 tablespoon	100	0	0	12.0	1.5
soybean oil based - Dukes	1 tablespoon	100	0.1	0.1	12.0	1.5
<b>SALAD DRESSINGS</b> (The best options include olive or avocado oil; <u>avoid</u> <b>soybean</b> and other <b>seed oils</b> .)						
<i>Items listed below are shown for comparison purposes, <u>not</u> necessarily as recommendations. Please see <b>SAUCES, CONDIMENTS &amp; CONDIMENTS</b> for homemade recipe inspiration. When you make your own, you can use the best oils (olive or avocado) + other high quality ingredients.</i>						
Balsamic Vinaigrette (Marzetti)	2 tablespoons	87	4.0	0.0	8.0	1.2
Blue Cheese (generic)	2 tablespoons	132	1.0	0.9	14.0	2.8
Caesar (generic)	2 tablespoons	120	2.0	0.9	12.2	2.3
Honey mustard (generic)	2 tablespoons	126	7.0	0.4	11.0	1.7
Italian (Olive Garden)	2 tablespoons	80	2.0	0.0	8.0	1.5
Ranch (Kraft Original)	2 tablespoons	106	1.9	0.2	11.0	1.8
Vinaigrette (olive oil/vinegar)	2 tablespoons	138	1.0	0.0	15.0	1.5

FOOD	PORTION SIZE	CALORIES	CARBS (grams)	PROTEIN (grams)	FAT (grams)	SAT. FAT (grams)
<b>NUTS, NUT BUTTERS &amp; SEEDS</b> (Choose minimally processed options, without lots of extras.)						
<i>1 ounce nuts or seeds = 1/4 cup = 4 tablespoons; 1 serving of nut butter = 2 leveled off tablespoons</i>						
almonds	1 ounce	166	5.7	6.1	14.5	1.1
brazil nuts*	1 ounce	187	3.3	4.1	19.0	4.6
cashews	1 ounce	151	10.3	4.9	11.0	2.0
peanuts	1 ounce	156	7.5	6.6	12.3	1.6
pecans	1 ounce	196	3.9	2.6	20.4	1.8
walnuts	1 ounce	185	3.9	4.3	18.5	1.7
nut butter - almond butter	2 tablespoons	188	6.6	6.5	16.6	1.3
nut butter - peanut butter	2 tablespoons	193	7.2	7.2	16.6	3.3
seeds - chia seeds	1 ounce	138	11.9	4.7	8.7	1.1
seeds - pumpkin seeds	1 ounce	163	4.2	8.5	13.9	2.4
seeds - sunflower seeds	1 ounce	162	6.9	5.3	13.7	1.3
<b>OTHER ADDED FATS</b>						
avocado	1/4 medium	57	2.9	0.7	5.2	0.7
guacamole	1/4 cup	55	4.6	0.9	4.2	0.6
half & half	1 tablespoon	20	0.6	0.5	1.7	1.1
heavy cream	1 tablespoon	51	0.4	0.4	5.4	3.4
sour cream	1 tablespoon	28	0.7	0.4	2.8	1.5
<b>CHEESE</b> (The best options come from grass-fed/humanely raised animals.)						
cheddar	1 ounce	114	1.0	6.5	9.4	5.3
cottage cheese - 4% fat	1/2 cup	103	3.5	11.7	4.5	1.8
cottage cheese - 2% fat	1/2 cup	92	5.4	11.8	2.6	1.4
feta	1 ounce	75	1.1	4.0	6.1	3.8
goat cheese	1 ounce	75	0	5.3	6.0	4.1
Mozzarella, part skim	1 ounce	84	1.6	6.7	5.6	3.2
Parmesan (grated)	2 tablespoons	52	1.7	3.6	3.5	1.9

\*Brazil nuts are high in **selenium**, which we need in our diet. A single Brazil nut has ~30 calories and 0.8 g saturated fat, which is reasonable to include daily (if you choose to do so) and that would meet your daily selenium needs.