



**Wellness**  
GARAGE

Lifestyle Medicine Clinic

# Guide to Healthy Fats



Healthy fats are an important part of a balanced diet as we need fat to metabolize certain vitamins and minerals. Contrary to what many of us have been led to believe—consuming healthy fats do not make us “fatter”. In fact, **healthy fats may help us lose weight** by keeping us satiated longer, curbing sweet cravings and naturally replacing other foods that our bodies are more likely to store as excess weight.

Optimal dietary fat breakdown should mimic the body’s fat tissue composition with 55% coming from monounsaturated fat (MUFA) found in food such as olive oil and avocado. Roughly 20% percent should come from polyunsaturated fat (PUFA), balanced between Omega 3 and Omega 6 found in nuts, seeds and fish oils. The remainder should come from saturated fat found in meat, eggs and cheese.

## GREAT SOURCES OF HEALTHY FATS

Avocados, almonds, walnuts, cashews, hemp seeds, sunflower seeds, pecans, pumpkin seeds, nut butters, olives, tahini, chia seeds, salmon, sardines, flax seeds, egg yolks, coconuts, coconut milk, full-fat organic dairy.

## HEALTHY FATS FOR COOKING

### High Heat

Clarified butter or Ghee  
Grapeseed oil  
Avocado oil

### Medium Heat

Coconut oil  
Extra-virgin olive oil

### Cold

Hemp seed oil  
Pumpkin seed oil  
Walnut oil  
Hazelnut oil  
Flaxseed oil

For more information on Healthy Fats visit: <https://www.wellnessgarage.ca/blog/guide-to-fats>