



Wellness
GARAGE

Lifestyle Medicine Clinic

Guide to Healthy Fats



Fats are an essential part of what you eat. They are the most energy-dense food, providing taste and satiation to your meals. Fats also make hormones, modulate your immunity, support your nervous system, transport fat-soluble vitamins (A, D, E, and K), and form all of your cellular membranes.

When it comes to fat, it is all about balance.

Fats balance carbohydrates for energy—be careful with foods that are high in both fats and carbohydrates. The ideal balance of fat is to **get more than half of your fat from monounsaturated sources** (olive oil, avocado, nuts, seeds, etc.) The remaining fat can equally from whole food sources of polyunsaturated (vegetables, fish) and saturated fats (lean meat, dairy, coconut oil). **Balance your Omegas**—focus on getting enough Omega 3’s, especially the long-chain DHA and EPA from fish and supplements.

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