Fats

Provides long-lasting energy · protects vital organs · supports cell growth · helps absorb vitamins A, D, E, and K

How much fat do I need?

Fat should make up 1/3 or less of your daily intake. Keep fat where it is needed for flavor or cooking, and choose lean meats, low-fat dairy, and flavor food with citrus, vinegar, and herbs and spices.

Unsaturated fats

Choose first, and use for cooking

- Canned sardines or tuna
- Olive oil, canola, or soybean oil
- Peanut butter and nut butters
- Sunflower and pumpkin seeds
- Avocados
- Walnuts, almonds, pecans
- Salmon, mackerel, trout

These fats support heart health and reduce inflammation over time.

Saturated fats

Reduce or remove these

- Fatty meats (bacon)
- Full-fat dairy
- Tropical oils (coconut, palm)
- Skin-on poultry
- Lard and shortening

Saturated fat raises LDL ("bad") cholesterol. Enjoy occasionally rather than daily.

Processed foods

Minimize these

- Fried foods
- Donuts, croissants, pastries
- Frozen pizza
- Microwave popcorn
- Chicken nuggets, fish sticks
- Packaged snack cakes

Highly processed foods can have more fat than preparing at home. Choose these options sparingly, and aim to cook at home as much as possible.