

GOOD FAT BAD FAT

GOOD FAT

Avocado
Vegetable Oil
Avocado Oil
Canola Oil
Olive Oil
Peanut Oil
Sunflower Oil
Pistachios
Almond Butter
Pecans
Hazlenuts
Brazil nut
Sesame Seeds
Pumpkin Seeds
Olives
Animal Protien

BAD FAT

Anything Trans fat
Shortening
Margarine
Lunch Meet
Anything breaded
Pie Crust
Pancake Mix
Cookies/Cakes
Ice Cream
Hydrogenated Oil