

Fats Chart

	Consume regularly
	Consume but be aware of intake
	Avoid

Saturated Fats	Unsaturated Fats		
	Monounsaturated Fats	Polyunsaturated Fats	Trans Fats
<ul style="list-style-type: none"> • Animal fats • Eggs • Dairy • Butter • Cream • Ice Cream • Cheese • Palm oil • Coconut oil 	<ul style="list-style-type: none"> • Macadamias • Pecans • Almonds • Cashews • Pistachios • Hazelnuts • Olives/Olive oil • Avocado 	<p>Omega-3</p> <ul style="list-style-type: none"> • Fish oil • Hemp seeds • Chia seeds • Walnuts • Flax seeds <p>Omega-6</p> <ul style="list-style-type: none"> • Vegetable oil • Peanuts • Sunflower seeds/oils • Canola oil 	<ul style="list-style-type: none"> • Chips • French fries • Deep fried food • Margarine • Pizza • Cookies • Cakes • Pies