

GOOD FATS



BAD FATS

NOT ALL FATS ARE BAD! EDUCATE YOURSELF!



GOOD FATS

MONOUNSATURATED FATS:

- avocados
- vegetable based oils
- avocado oil
- canola oil
- olive oil
- peanut oil
- sunflower oil
- nuts and seeds
- pistachios
- almonds
- almond butter
- pecans
- hazelnuts
- brazil nuts
- peanuts
- peanut butter
- sesame seeds
- pumpkin seeds
- olives

POLYUNSATURATED FATS:

- Salmon
- Tuna
- many other kinds of fish
- Ground flaxseed meal
- Flaxseed oil
- Walnuts



BAD FATS

- anything with TRANS-FATS
- shortening
- Margarine
- French fries
- fried chicken fingers
- fried fish
- fried vegetables
- anything fried, deep fried or battered
- pie crust, store bought pie
- boxed pancake/waffle mix
- boxed cake mixes and pre-packaged frostings
- cookies and cakes
- ice cream
- microwave popcorn
- pre-packaged non-dairy creamers
- biscuits, sweet rolls and danishes
- breakfast sandwiches
- frozen dinners
- meat sticks
- packaged pudding
- Asian crunchy noodles
- crackers
- hydrogenated oils (palm oil)
- processed meats: pepperoni, sausages, bacon, salami, bratwurst, lunch meat and chorizo

Learn more over at: www.HealthyHappySmart.com