

Fats for Cooking

Look for organic, raw, non-GMO, unflavored, dark glass containers.

Moderate Heat

Don't let the oil smoke or splatter.

Ghee (from Grass-fed Cows)

Butter (From Grass-fed Cows)

Tallow (Beef Fat)

Lard (Pork Fat)

Chicken Fat

Duck Fat

Coconut Oil

Palm Oil

Cacao Butter

Low/No Heat

Olive Oil

Avocado Oil

MCT Oil

Use these in moderation for flavor:

Sesame Oil

Hazelnut Oil

Walnut Oil

Peanut Oil

Avoid Completely

Margarine

Canola Oil

Soybean Oil

Sunflower Oil

Corn Oil

Cottonseed Oil

Vegetable Oil

Safflower Oil

Flaxseed Oil

Rapeseed Oil

Trans fats

Partially Hydrogenated Fats

Whole foods high in healthy, saturated fats

Avocado

Fatty meat from Regenerative farms (*grass-fed beef, pastured chickens, heritage pork, wild caught salmon...*)

Canned, Full Fat Coconut Milk

Coconut Butter (AKA coconut Manna)

Egg Yolks

Olives

Sources of damaged, Inflammatory Fats:

Chips

Crackers

Cookies

Baked Goods

Fast Food

Vending Machine Food

Frozen Dinners

Most Restaurant Food

Fried Food