

Healthy Fats Shopping List

Best: Cooking Fats

Animal Fats*
Clarified Butter*
Ghee*
Coconut Oil
Extra-Virgin Olive Oil
Avocado Oil
Pecan Oil

*Ideally, pastured and
100% grass-fed and
organic

Best: Eating Fats

Avocado
Cashews
Coconut Butter
Coconut Meat/Flakes
Coconut Milk (Canned)
Hazelnuts/Filberts
Macadamia Nuts
Macadamia Butter
Olives (all)
Wildcaught Fish

Occasional: Nuts & Seeds

Almonds
Almond Butter
Brazil Nuts
Pecans
Pistachio

Limit: Nuts & Seeds

Flax Seeds
Pine Nuts
Pumpkin Seeds/Pepitas
Sesame Seeds
Sunflower Seeds
Sunflower Seed Butter
Walnuts