



Which fats should I include in my diet?

Unsaturated Fat

- Fish
- Nuts
- Seeds

Absolutely, in healthy amounts!

Saturated Fat

- Beef, pork, chicken
- Butter
- Cheese
- Coconut oil

Okay in small amounts.

Trans Fat

- Processed foods
- Partially hydrogenated vegetable oil
- Deep-fried foods *(depending on the oil)*
- Margarine
- Packaged baked goods

Skip it!

And always include plenty of fruits, vegetables, and whole grains for a balanced diet!