

HEROIC FATS

AVOCADOS & COLD-PRESSED VIRGIN AVOCADO OIL

12% SAT FAT

UNREFINED, COLD-PRESSED VIRGIN OLIVE OIL

14% SAT FAT

HEMPSEEDS & FLAXSEEDS

6% SAT FAT

UNREFINED, COLD PRESSED HEMPSEED OIL & FLAXSEED OIL

10% SAT FAT

MCT OIL

100% SAT FAT

VIRGIN COCONUT OIL & COCONUT MILK/CREAM

OIL 90% SAT FAT
MILK 86% SAT FAT
CREAM 84% SAT FAT

DARK CHOCOLATE

70-85% =
37% SAT FAT

TREE NUTS

ALMONDS
6% SAT FAT

PLANT-BASED

MARBLED MEAT FROM GRASS-FED ANIMALS

RIBEYE STEAK
30% SAT FAT

BUTTER & GHEE

65% SAT FAT

OILY FISH (PREFERABLY SUSTAINABLY SOURCED)

SALMON
6% SAT FAT

EGGS (PREFERABLY ORGANIC)

19% SAT FAT

FULL FAT DAIRY (PREFERABLY UNPASTEURISED / RAW)

WHOLE MILK 28% SAT FAT

ANIMAL DERIVED

HIGHLY PROCESSED VEGETABLE SEED OILS

TRANS FATS

FATS IN ULTRA-PROCESSED FOODS

AVOID