



Nourish2Flourish, Inc.

Guide to Healthy Fats

Eat healthy, naturally occurring fats

Fats have many purposes in the body. Fat is needed to make hormones, healthy cell membranes, and the myelin sheath that protects nerves. Fat is needed to absorb the fat soluble vitamins A, D, K and E. Fat can also be anti-inflammatory or pro-inflammatory, which is why it's important to choose the right fats. Always choose organic, unrefined and cold pressed oils.

Fats acceptable for cooking:

- Pasture butter
- Ghee, clarified butter
- Coconut oil
- Avocado oil
- Grapeseed oil



Olive oil may be used at lower heat (medium on stove and 300-350 degrees in oven)

Oils best consumed cold:

- Olive oil
- Walnut oil
- Sesame oil
- Flaxseed oil
- Macadamia nut oil



Other fats:

- Avocado
- Raw nuts and seeds (walnuts, cashews, almonds, macadamia nuts, Brazil nuts, hazel nuts, pine nuts, pistachios, sesame seeds, pumpkin seeds, sunflower seeds, chia seeds)

Nut butters

Coconut butter or manna

Full fat coconut milk



Protein-rich foods that also contain fat:

- Full-fat dairy
- Bacon
- Grass-fed meat
- Wild caught, fatty fish (salmon, halibut)
- Pasture eggs

Avoid the following unhealthy fats:

- Margarine/butter spreads
- Canola or corn oil
- Soybean oil
- Sunflower or Safflower oil
- Vegetable oil
- Rice bran

