

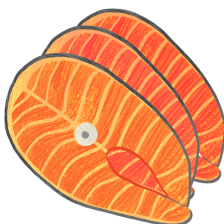
FOODS RICH IN MONO AND POLYUNSATURATED FAT

Nuts



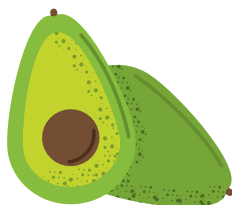
**Vegetable oils (olive,
canola, avocado)**

**Fatty fish (salmon,
trout, mackerel)**



**Seeds (sunflower,
pumpkin, flax)**

Avocado



Eggs

Olives

