



Quick Guide To

# **GOOD FATS AND BAD**

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Know Your Fats

## GOOD FATS

### All Purpose

### Caution with Heat

Traditionally used Fats and Oils  
*Flavorful, minimally processed and unrefined*

#### CONTAIN ENERGIZING FATS:

- Butter & Cream (burn easily)
- Ghee
- Olive oil
- Coconut oil
- Bacon fat
- Tallow & Lard
- Avocado oil
- Palm Kernel oil
- Tree nut oils (Almond, hazelnut, pecan, macadamia nut)

#### CONTAIN ANTIOXIDANTS & VITAMINS

- Peanut oil
- Perilla oil
- Sesame oil
- Flax oil
- Mustard seed oil
- Artesanal grapeseed oil
- Walnut oil
- Fatty fish
- Seeds

### OK BUT NOT GREAT

*Refined traditional fats: (presume refined unless stated otherwise)*

Avocado, Coconut  
Palm Oil, Peanut  
MCT oil

Fully Hydrogenated Lard, Palm, or Coconut

## BAD FATS

### Name of Oil

### Products With BIG Doses

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|--|---|
| <ul style="list-style-type: none"> <li>• Canola oil**</li> <li>• Corn oil**</li> <li>• Cottonseed oil**</li> <li>• Safflower oil**</li> <li>• Soy oil**</li> <li>• Sunflower oil**</li> <li>• Partially Hydrogenated oil)</li> </ul> | <ul style="list-style-type: none"> <li>• Fake whip cream</li> <li>• Fake butter spreads</li> <li>• Margarine</li> <li>• Vegetable shortening</li> <li>• Store-bought pastries</li> <li>• Chicken nuggets</li> <li>• Restaurant fried foods</li> </ul> |
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### MOSTLY IN RESTAURANTS

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| <ul style="list-style-type: none"> <li>• Grapeseed**</li> <li>• Ricebran**</li> <li>• “Blended” olive oil</li> <li>• Refined Peanut (ok for single use at home)</li> </ul> | <ul style="list-style-type: none"> <li>• Most chips &amp; crackers</li> <li>• Most protein bars</li> <li>• Most salad dressings</li> <li>• Most mayo brands</li> <li>• Most granola &amp; cereal</li> <li>• Most dips &amp; spreads</li> </ul> |
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### \*\*THE HATEFUL 8

ALWAYS read ingredients list before buying ANY packaged goods to avoid the bad oils