

# Fat Guide

Which to eat and which to avoid

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## Avoid

- Vegetable Oils & Trans Fats  
*Refined Vegetable Oils Include:*
- Vegetable oil
  - Cottonseed oil
  - Soybean oil
  - Safflower oil
  - Sunflower oil
  - Peanut oil
  - Canola oil
  - Grapeseed oil
  - Margarine (and butter-like spreads)
  - Fried foods

*Refined vegetable oils are cheap, processed oils that are prevalent in processed and packaged foods. They are pro-inflammatory and should be limited.*

*Trans Fats Include:*

- Hydrogenated oil
- Partially hydrogenated oil
- Mono- and di-glycerides

*Trans Fats are commonly found in margarine, shortening, fast foods, baked products, packaged foods, peanut butter and microwave popcorn (and most definitely, movie theater popcorn!)*

## Choose

- Extra-Virgin Olive oil (cold pressed is best)
- Coconut oil (*virgin, extra virgin or refined*)  
*refined coconut oil is still good quality fat and has no coconut taste to it*
- Palm Oil
- Butter\*
- Lard/Tallow\*

*\*from grass-fed, pastured animals*

## Smart Choices

- Fatty fish (*generally, cold water fish*)
- Fish oil supplements
- Flaxseeds and Flaxseed Oil
- Chia Seed
- Walnuts and Walnut Oil (*walnut oil should only be used for drizzling not cooking*)
- Extra-Virgin Olive Oil (*cold-pressed is best*)
- Fresh, pasture-raised meat
- Seafood
- Whole eggs (*eat that yolk!*)
- Full-fat dairy products\*
- Nuts, seeds, and nut butters
- Avocados
- Coconut oil

*\*from grass-fed, pastured animals*