

Healthy Fats



Examples:
Mackerel,
Black Cod,
Whitefish,
Striped Bass,
Etc.

**Fresh or Frozen
Oily Fish**



Examples:
Anchovies,
Sardines,
Salmon,
Tuna,
Etc.

Canned Oily Fish



Avocado



Examples:
Peanuts,
Walnuts,
Pecans,
Cashews,
Etc.

Nuts



Examples:
Peanut,
Almond,
Cashew, &
Macadamia
Butter,
Etc.

Nut Butter



Eggs



Examples:
Chia,
Flax,
Hemp,
Pumpkin,
Etc.

Seeds



Examples:
Sunflower &
Watermelon
Seed Butter,
Tahini,
Etc.

Seed Butter



Olives



Examples:
Olive,
Avocado,
Canola,
Grapeseed,
Etc.

Plant Oils



Examples:
Tofu,
Tempeh,
Soy milk,
Edamame

Whole Soy Foods



& More!