

List of Healthy (Good) Fats

Fats are nutrients that give you energy and help your body absorb fat-soluble such as vitamins A, D, E, and K. This is a list of the healthiest fats that you should include in your diet.



- ☐ Avocados
- ☐ Cheeses
- ☐ Chia seeds
- ☐ Coconuts and coconut oil
- ☐ Edamame
- ☐ Extra Virgin Olive oil
- ☐ Dark chocolate
- ☐ Fatty fish (salmon, trout, tuna, mackerel, sardines, and herring)
- ☐ Flaxseed
- ☐ Nuts (all nuts)
- ☐ Nut butters
- ☐ Olives
- ☐ Seeds (pumpkin, sunflower, etc)
- ☐ Soybeans
- ☐ Yogurt
- ☐ Whole eggs
- ☐