

Healthy Fats Shopping List

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NAME

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DATE

Here are some suggestions for foods that are good sources of healthy fats.

As with all our suggestions, think of it like a buffet: Take what you like, and leave the rest.

Plant-based

- Avocado and avocado oil
- Cacao (dark chocolate)
- Cold-pressed nut and seed oils
- Fresh coconut and coconut oil
- Nuts and seeds
- Nut and seed butters
- Olives and extra virgin olive oil

Supplement

- Omega-3 fatty acid supplement
(e.g., fish oil, krill oil, or algae oil)

Animal-based

- Aged cheese*
- Butter*
- Cream*
- Higher-fat dairy*
- Egg yolks*

Higher-fat animal proteins⁺

- Fattier cuts of beef and pork*
- Fattier cuts of lamb and mutton*
- Fattier cuts of poultry (e.g., dark meat)*
- Fattier fish (e.g., salmon or herring)**

* The fat quality will be best if these are grass-fed and/or pastured (depending on the type of animal), rather than conventionally farmed.

**The fat quality will be best if these are wild-caught, rather than conventionally farmed.

⁺These are protein-rich foods that are also relatively rich in fats, but as hand portions only count as proteins.

For an exhaustive list of fat sources check out this infographic: <https://www.precisionnutrition.com/what-should-i-eat-infographic>