Fats and Oils

Please indicate how many times PER WEEK you eat the following fats/oils. **OMEGA 9** (stabilizer) Almond Oil Olives ~50% of daily fat calories Almonds/Cashews Olive Oil Almond butter Sesame Seeds/Tahini Oleic Fatty Acid Avocados Hummus (tahini oil) Peanuts Macadamia Nuts Peanut butter (natural/soft) Pine Nuts **OMEGA 6** (controllers) Eggs (whole), organic (AA) Evening Primrose (GLA) Essential Fatty Acid Family Black Currant Oil (GLA) Meats (commercial) (AA) Borage Oil (GLA) ~30% of daily fat calories Meats (grass-fed, org) (AA) Brazil nuts (raw) Hemp Oil LA → GLA → DGLA → AA Pecan (raw) Grapeseed Oil Hazelnuts/Filberts (raw) Sunflower Seeds (raw) Hemp Seeds Pumpkin seeds (raw) **OMEGA 3** (*fluidity/communicators*) Fish Oil capsule: ↑DHA Flax Oil Essential Fatty Acid Family UDO's DHA Oil Fish Oil capsule: ↑EPA ~10% of daily fat calories ___ Algae Fish (salmon/fin-fish) Greens Powder w/algae Fish (shellfish) ALA → EPA → DHA Chia seeds Flax seeds/meal **BENEFICIAL SATURATED** (structure) Coconut Oil Meats, grass-fed ~10% of daily fat calories Butter, organic Wild game Ghee (clarified butter) Poultry, organic Short Chain/Medium-chain Triglycerides Dairy, raw & organic Eggs, whole organic Margarine DAMAGED FATS/OILS Doughnuts (fried) (promoting stress to cells & tissues) Reg. vegetable oils Deep-fried foods (corn, sunflower, canola) *Should be* <5% (try to avoid) Chips fried in oil Mayonnaise(Commercial) Trans Fats Reg. Salad dressing Hydrogenated Oil Acrylamides Peanut Butter (JIF, etc) (as an ingredient) **Odd-Chain Fatty Acids** Roasted nuts/seeds "Imitation" cheeses VLCFA/damaged Non-dairy products Tempura