



# Rebuilding Wellness

with *Sue Ingebretson*

## Healthy Fats & Oils Guide

Sources for adding *Healthy Fat* into your daily meals

**Healthy Fats:** Avocado, salmon, grass-fed meats, grass-fed butter, ghee, coconut meat, coconut cream, unsweetened shredded coconut, nuts (*excluding peanuts and peanut butter*), nut butters (*almond, cashew, macadamia, etc.*), seeds (*including chia, pumpkin, hemp, sunflower, flax, etc.*)

**Healthy Oils:** Avocado oil, coconut oil, extra virgin olive oil, red palm oil, various nut and seed oils such as almond, macadamia, walnut, \*flax, \*\*sesame oil, \*\*sunflower oil, etc.

*-- The oils in red indicate my favorite everyday go-to oils --*

No Heat	Low Heat	Medium Heat	High Heat
<b>Extra Virgin Olive Oil</b> <b>Nut and Seed Oils</b>	<b>Olive Oil</b> (very low heat) Walnut Oil Almond Oil Macadamia Oil Sesame Oil	<b>Coconut Oil</b> Grass-fed Butter	<b>Avocado Oil</b> <b>Red Palm Oil</b> (not palm kernel oil) <b>Ghee</b>
Use in dressings and to drizzle over sautéed or roasted veggies, etc.	Use to very lightly sauté veggies, or pour over already cooked veggies	Use to top roasted veggies, squash, sweet potatoes, etc.	Use to stir-fry veggies, cook eggs, or baking/roasting veggies or squash, etc.

*\*In my experience, flax seed oil has a rather temperamental and unstable shelf life. Buy in small quantities to use quickly.*

*\*\*Sesame oil and sunflower oils are fine if minimally processed. Read the label and buy brands you trust.*

**AVOID:** Margarine, trans fats, canola oil, corn oil, soybean oil, safflower oil, vegetable oils, cottonseed oil, grapeseed oil

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