

5 Steps to Optimal Health With Good Fats

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STEP 1

Avoid low- and non-fat items such as milk, yogurt, cheese and other dairy products. Avoid low- and non-fat processed foods.

Use full-fat, low-heat-pasteurized dairy products from pastured animals and farmers you trust (preferably organic and raw).

STEP 2

Avoid margarine and hydrogenated oils and spreads.

Use butter or ghee for cooking and spread them liberally on vegetables, sprouted breads, etc.

STEP 3

Avoid canola and other processed vegetable oils such as soy, corn, cottonseed, safflower or sunflower oil.

Use traditional fats such as coconut oil, palm oil, lard, tallow or olive oil in place of vegetable oils.

STEP 4

Avoid store-bought dressing with additives, flavorings and hydrogenated or processed oils.

Use your own salad dressings – explore olive oil, cold-pressed sesame oil or cold-pressed flax oil!

STEP 5

Avoid snacks and processed foods with hydrogenated oils, trans fats or interesterified oils. Always read ingredient labels on peanut butter, chips and most processed foods in a box, bag or package. Also be wary of baked goods such as cookies, cakes, muffins and crackers.

Use real-food ingredients and prepare or bake snacks and desserts at home using real fats like butter and coconut oil! While you're at it, replace white sugar with stevia, raw honey or coconut palm sugar.