

# MindfulBellie Health Coaching

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## Guide to Healthy Fats

### Healthiest Cooking Oils/Fats for High Temp Cooking (>350 Deg F):

- Avocado oil
- Macadamia Nut oil
- Ghee- Clarified Grass-fed Butter (find at Whole Foods, Publix, order online)
- Organic Animal Fats (Epic Brand, or other antibiotic/hormone free brand)
  - Duck Fat
  - Beef tallow (Grass Fed)
  - Lard
  - Lamb Fat
- Red Palm Fruit Oil (Order Online Amazon- I like Nutiva Brand)

### Healthy Oils for Dressings or Low Temp Cooking (<350 Deg F)

- Extra Virgin Cold Pressed or Unrefined Olive Oil (<325 deg F)
- Coconut Oil (organic, virgin, cold-pressed, unrefined)

### Other High Quality Fats Sources:

- Grass fed beef
- Organic Poultry
- Wild Fatty Fish: Halibut, Sardines, wild salmon, herring, mackerel, clams, shrimp, scallops, oysters, mussels, crab, calamari
- Wild Game
- Eggs
- Olives
- Avocados
- Nut/Seeds
- Almond Butter, Cashew Butter
- Chia Seeds
- Coconut butter