List of Healthy (Good) Fats

Fats are nutrients that give you energy and help your body absorb fat-soluble such as vitamins A, D, E, and K. This is a list of the healthiest fats that you should include in your diet.



- [ ] Avocados
- [ ] Cheeses
- [ ] Chia seeds
- [ ] Coconuts and coconut oil
- [ ] Edamame
- [ ] Extra Virgin Olive oil
- [ ] Dark chocolate
- [ ] Fatty fish (salmon, trout, tuna, mackerel, sardines, and herring)
- [ ] Flaxseed
- [ ] Nuts (all nuts)
- [ ] Nut butters
- [ ] Olives
- [ ] Seeds (pumpkin, sunflower, etc)
- [ ] Soybeans
- [ ] Yogurt
- [ ] Whole eggs
- [ ]

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