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HEALTHY FATS

Healthy fats, including serving sizes and notes:

Almond butter – 2 tbsps. for people over 150 lbs. and 1 tbsp. for people under 150 lbs.

Almonds – 24 almonds

Avocado, fresh – ½ c. “meat or pulp”

Brazil nuts – 8 medium nuts

Butter (organic and preferably grass-fed) – 1 tablespoon

Cashew butter – same as almond - cashew butter is more expensive than almond

Cashews – 18 medium cashews

Coconut – 1 tbsp.

Flaxseeds – 2 tablespoons

Flaxseed oil – 1 tbsp. – do not cook with

Extra-virgin coconut oil – 1 tbsp. – high temp cooking

Extra-virgin olive oil – 1 tbsp. – low temp cooking – not over 325 degrees in oven

Macadamia oil – 1 tbsp. – expensive and harder to find

Macadamia nuts – 12 nuts

Pecans – 15 halves

Pistachios – 49 kernels

Pumpkin seeds – ¼ cup

Sunflower seeds – 3 tbsp.

Walnuts – 14 halves

Walnut oil – 1 tbsp. - expensive