



THE GOOD FATS GUIDE

For Women and Men

WHY DO WE NEED GOOD FATS?

Fat helps give your body **energy, protects your organs, supports cell growth, keeps cholesterol and blood pressure.** It also helps your body absorb vital nutrients. Fats are **essential** for body function. That's why they are called essential fatty acids!

Symptoms of Good Fats Deficiency

- Brain Fog, Dementia, Alzheimer's
- Dermatitis
- Insatiable Hunger
- Slow Wound Healing
- Hair Loss
- Compromised Immune System

30% of your daily calories from fats

1500 calorie a day = 50 grams of fats!

1 avocado 29 grams

1 cage free egg 8 grams

1/4 cup almonds 17 grams

1/4 cup walnuts 16 grams

1/4 cup pecans 21 grams

1 Tbs. almond butter 9 grams

2 Tbs. chia seeds 9 grams

1 Tbs. coconut oil 14 grams

1 Tbs. olive oil

2 Tbs. flaxseeds 9 grams