



For Women and Men

THE GOOD FATS GUIDE

WHY DO WE NEED GOOD FATS?

Fats help give your body **energy, protect your organs, support cell growth, and lowers 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