



# Good/Bad Fats & Oils Cheat Sheet

## **Bad Oils/Fats**

*(skip these)*

\*\*hydrogenated or partially hydrogenated oils

\*\*canola oil (rapeseed)

\*\*oils from other inedibles, like cottonseed

## **Okay Oils/Fats**

*(high in Omega-6; minimize these)*

\*\*"vegetable oil"

\*\*corn oil

\*\*safflower oil

\*\*sunflower oil

\*\*peanut oil

\*\*other nut/seed oils (except flax & hemp)

## **Good Oils/Fats**

\*\*butter

\*\*animal fats from grassfed animals (tallow, lard)

\*\*coconut oil

\*\*olive oil

\*\*avocado oil

\*\*flax & hemp seed oil (unusually high in Omega-3's for seed oils, but use cold)



# Good/Bad Sweeteners Cheat Sheet

## **Tier 1 (Really Bad) Sweeteners**

*(completely manufactured)*

\*\*saccharine (Sweet 'N Low®, Equal®)

\*\*aspartame (NutraSweet®, some Equal®)

\*\*sucralose (Splenda®)

## **Tier 2 (Pretty Bad) Sweeteners**

*(very highly processed)*

\*\*sugar alcohols (xylitol, erythritol, maltitol, mannitol, sorbitol, etc.)

\*\*agave syrup/nectar *(usually more processed than claimed)*

\*\*high fructose corn syrup

## **Tier 3 (Sort of Bad) Sweeteners**

*(non-nutritive and pretty refined)*

\*\*corn syrup

\*\*sucrose (regular sugar, in its various forms; see below)

\*\*granulated sugar

\*\*confectioner's sugar

\*\*brown sugar

\*\*fructose (refined fruit sugar)

## **Okay Sweeteners**

*(real foods, minimally processed)*

\*\*honey

\*\*stevia *(Check labels! Some are blended with sugar alcohols or fillers.)*

\*\**(real)* maple syrup

\*\*coconut sugar

\*\*date sugar

\*\*fruit juice concentrate

\*\*molasses