

Habit Eat healthy fats daily

Track your success for 14 consecutive days.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14

HEALTHY FAT SOURCES

- Raw, unsalted nuts
- Extra virgin olive oil or coconut oil
- Wild salmon
- Avocados and olives
- Krill or fish oil (essential fatty acids)
- Ground flax seeds

All about fat

01.

WHY DO YOU NEED FAT?

There is strong evidence to support the role of fat in cardiovascular protection, improving body composition, alleviating depression.

There is some evidence to support the role of fat in preventing cancers, preserving memory, preserving eye health, reducing incidence of aggressive behavior, reducing ADHD and ADD symptoms.

02.

WHAT ARE HEALTHY FATS?

A good definition of “healthy fat” might be “relatively unprocessed fats from whole foods.”

- Saturated
- Mono-unsaturated
- Polyunsaturated

03.

WHAT ARE UNHEALTHY FATS?

Unhealthy fats are typically those that are industrially produced and designed to be non-perishable, such as:

- Trans fats appear in processed foods.
- Hydrogenated fats such as margarine (hydrogen is added to the fat chain to make a normally liquid and perishable fat into a solid and shelf-stable fat)
- Most shelf-stable cooking oils (i.e. safflower, canola, corn oil, etc)