

# THE NUTRISTIC METHOD

## Healthy Fats

### Your Simple Action Step

Include **at least 2 tablespoons of healthy fat** at each meal.

This might look like:

- Cooking vegetables in olive oil or butter
  - Adding avocado to your plate
  - 2 tbsp nut butter at snack time
  - Full-fat dressing on your salad
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### Cooking Fats

- Extra virgin olive oil (low–medium heat)
  - Coconut oil (higher heat)
  - Avocado oil
  - Butter
  - Ghee (clarified butter–good option if sensitive to dairy)
  - Lard or tallow
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### Whole Food Fats

#### Avocado & Olives

#### Nuts

Walnuts • Macadamia • Brazil nuts • Pecans

#### Seeds

Chia • Flax • Hemp • Pumpkin

#### Nut Butters (2 tbsp)

Peanut • Almond • Sunflower

#### Full-Fat Dairy

Cheese • Cream • Sour cream • Cream cheese

#### Full-Fat Mayonnaise or Avocado Mayo

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## **Omega-3 Fats (Prioritize These Often)**

Omega-3 fats help reduce inflammation and support heart health.

### **Best Sources:**

- Fatty fish (salmon, sardines, mackerel, herring, trout)
- Egg yolks (eat the whole egg)
- Walnuts
- Flaxseed
- Chia seeds
- Hemp seeds
- Pumpkin seeds

Good supplement brands for Omega-3 fats include: Genestra Super EFA Liquid, Nordic Naturals Arctic Cod Liver Oil or Omega 3, Carlson Cod Liver Oil or Super Omega 3, Nutra Sea Omega 3, Genuine Health Liquid Omega 3, Flora Flax Oil.

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## **Specialty Add-On**

### **MCT Oil (1 tbsp daily)**

May help:

- Improve fullness
- Support energy
- Support blood sugar balance

Add to coffee, smoothies, or salad dressing.

Start slowly if new to it.

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## **Fats to Limit or Avoid**

These are highly processed and can increase inflammation:

- Margarine
  - Hydrogenated or partially hydrogenated oils (trans fats)
  - Corn oil
  - Soybean oil
  - Cottonseed oil
  - Highly processed vegetable oils
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## **Simple Reminder**

If your meal leaves you hungry an hour later...

You likely need more fat.

Add it.

Don't fear it.

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## **Important**

If you are on blood thinners or have medical conditions affecting fat intake, consult your healthcare provider before adding omega-3 supplements or making major dietary changes.