

List of Healthy (Good) Fats

Fats are nutrients that give you energy and help your body absorb fat-soluble such as vitamins A, D, E, and K. This is a list of the healthiest fats that you should include in your diet.

- Avocados
- Cheeses
- Chia seeds
- Coconuts and coconut oil
- Edamame
- Extra Virgin Olive oil
- Dark chocolate
- Fatty fish (salmon, trout, tuna, mackerel, sardines, and herring)
- Flaxseed
- Nuts (all nuts)
- Nut butters
- Olives
- Seeds (pumpkin, sunflower, etc)
- Soybeans
- Yogurt
- Whole eggs