

# Fats - Nutritional content table

Fats are an essential part of our diet, and they come in several different types, each with its unique properties and effects on health.

SATURATED FATS	MONOUNSATURATED FATS	POLYUNSATURATED FATS
1. Butter	1. Olive oil	1. Flaxseed oil
2. Ghee	2. Avocado oil	2. Chia seed oil
3. Lard	3. Canola oil	3. Hemp seed oil
4. Tallow (beef fat)	4. Peanut oil	4. Walnut oil
5. Coconut oil	5. Almond oil	5. Sunflower oil (regular)
6. Palm oil	6. Macadamia nut oil	6. Safflower oil (regular)
7. Palm kernel oil	7. Hazelnut oil	7. Corn oil
8. Cocoa butter	8. Sesame oil	8. Soybean oil
9. Bacon fat	9. Avocados	9. Grapeseed oil
10. Heavy cream	10. Almonds	10. Pumpkin seed oil

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SATURATED FATS	MONOUNSATURATED FATS	POLYUNSATURATED FATS
11. Whole milk	11. Cashews	11. Fish oil (EPA and DHA)
12. Cheese (various types)	12. Pecans	12. Mackerel (fatty fish)
13. Cream cheese	13. Macadamia nuts	13. Salmon (fatty fish)
14. Sour cream	14. Hazelnuts	14. Herring
15. Greek yogurt (full fat)	15. Peanuts	15. Sardines
16. Dark chocolate	16. Pistachios	16. Tuna (in moderation)
17. Pork fat	17. Olives	17. Flaxseeds
18. Chicken skin	18. Sunflower oil (high oleic)	18. Chia seeds
19. Half and half cream	19. Safflower oil (high oleic)	19. Walnuts
20. Porkbelly	20. Duck fat (contains both saturated and unsaturated)	20. Pine nuts