

Sources of Fat

Healthy Fat Options

[Coconut Oil](#)
[Olive Oil](#)
[Almond Butter](#)
[Sunflower Butter](#)
[Eggs](#)
[Almonds](#)

[Cashews](#)
[Hazelnuts](#)
[Pistachios](#)
[Sunflower Seeds](#)
[Walnuts](#)
[Avocado](#)



*Note all information is given when the consumed product is raw, different preparation methods may change nutritional content