




Healthy Fats Shopping List


Here are some suggestions for foods that are good sources of healthy fats.


This is also by no means an “approved shopping list,” you are allowed to (and should!) eat many foods beyond the ones listed below. This is just to get some ideas going.


Take what you like, and leave the rest!


Plant-based


 Avocado and
avocado oil

 Cacao (dark
chocolate)

 Cold-pressed nut and seed
oils


 Fresh coconut and coconut
oil

 Nuts and seeds


 Nut and seed butters

 Olives and extra virgin olive oil

Supplement


 Omega-3 fatty acid
supplement (e.g., fish oil, krill
oil, or algae oil)


Animal-based

 Aged cheese*

 Butter*


 Cream*


 Higher-fat dairy*


 Egg yolks*

Higher-fat animal proteins⁺

 Fattier cuts of beef and pork*

 Fattier cuts of lamb and mutton*

 Fattier cuts of poultry (e.g., dark meat)*

 Fattier fish (e.g., salmon or herring)**

* The fat quality will be best if these are grass-fed and/or pastured (depending on the type of animal), instead of conventionally farmed. **The fat quality will be best if these are wild-caught instead of conventionally farmed.

⁺These are protein-rich foods that are also relatively rich in fats