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fats

Bad
fats

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Monosaturated

Hazelnuts
Cashew
Peanuts
Egg yolks
Almonds
Olive oil

Polysaturated

Oily fish
Sunflower oil
Corn oil
Avacado
Flax seeds

Saturated

Full fat milk, cream
Chocolate
Ice cream
Cheese
Coconut, Palm oil
Deep fried foods

Trans

Cakes
Soft drinks
Biscuits
Fried foods
Doughnuts
Baked foods
Hydrogenated oils

Good Fat Vs Bad Fat

Puja Mehta



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