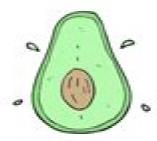
# **Healthy Fats**









Avocado oil

Ghee\*

Butter\*

Beef\*

Lamb\*

Coconut

Coconut oil

Coconut butter

Eggs\*

Salmon

Sardines

Anchovies

Herring

Nuts (& nut oils)

Seeds (& seed oils)

Olives

Olive oil

MCT Oil

Palm oil

Rendered animal fats - lard, tallow, duck fat\*

\*Organic, pasture-raised, or grass-fed \*\*AIP - omit ghee, butter, eggs, nuts, and seeds









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**Gordon McL. Dryden** 



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