

Healthy Fats



AVOCADO
(and oil)

SARDINES



NUTS
(and butters)



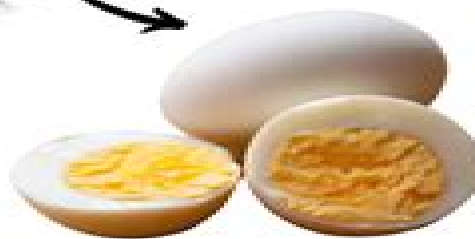
COCONUT
(and oil)



SEEDS



EGG YOLKS



OLIVES
(and oil)



GRASS-FED
BUTTER
& GHEE



SALMON



Fats For A Healthy Body

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