

Fat is the cornerstone to success when following a lower carbohydrate diet. Eating the correct type and amount of fat has endless benefits including controlling hunger, consistent energy levels, mental clarity and reduced inflammation, to name a few. Eating the wrong type of fat can be equally detrimental to your health. This guide will ensure that the fats entering your diet are the right ones.

## GREEN LIST

Fat listed on this sheet should form the majority of fats present in your diet. Use these fats to add essential nutrients, flavour, texture and amazing taste to your food.



### Olive Oil

The darling of conventional nutrition and the same goes for LCHF. Although olive oil can be heated to a reasonably high temperature, I'd save the cold pressed extra virgin stuff for salad



### Coconut Oil

Ticks all the boxes! Go for your life



### Avocado Oil

Light and subtle taste makes it great for salads but can withstand heat, so could be used to cook too



### Macadamia Oil

Buttery, smooth rich flavour. Great for salads but could be used to saute too. Only downfall is that it is very pricey.



### Animal Fats: Butter, Tallow, Lard, Chicken Fat, Ghee, Duck Fat

When it comes to animal fats quality is imperative. Make sure you source all these fats from grass-fed/pasture-raised animals. Grain-fed animals have higher levels of Omega-6 PUFA in their fat which is not desirable.

Fat listed on this sheet should only be used in small amounts and occasionally.

## ORANGE LIST



### Sesame seed Oil

Used for flavour mainly in Asian dishes. Do not heat. Use in small amounts and add after the cooking process. It does contain a stack of antioxidants



### Flax seed Oil

If you eat fish or take a fish oil supplement, I would not be recommending this at all. The omega-3 PUFA present are ALA which are not as beneficial as DHA and EPA found in fish oil. This oil is recommended for vegans and vegetarians



### Walnut Oil

A great tasting oil but not for cooking. Use occasionally and in small amounts as its fatty acid profile is not ideal

Fats on this list are industrialised, highly processed oils, prone to oxidation and rancidity. They have poor and undesirable fatty acid profiles. These fats should be avoided

## RED LIST



### Canola Oil

Canola oil is made from the unpalatable rapeseed and requires large scale processing at high temperature. It is NOT the heart healthy oil it has been promoted as - AVOID



### Peanut Oil

A legume prone to rancidity



### Sunflower seed Oil

Sunflower seeds are great but, the same doesn't apply to the oil. It is cheap, nasty, tasteless and flavourless and exceptionally high in Omega-6 PUFA. Often used at fast food outlets



### Palm Oil

There is consensus that sustainable palm oil cannot be found. Despite a desirable fatty acid profile this does not tick the box for me.



### Corn, Safflower, Cottonseed, Grapeseed, Soybean Oil

How we managed to extract oil from these seeds just boggles my mind