



Top 10 Healthy Fats for Your Body

Not all fats are created equal!!! We need you to increase good fats to balance your blood sugar and increase your energy. The fats on this list pack a lot of punch. From lowering bad cholesterol and helping shed excess weight to giving you shiny hair and strong nails, your body will reap the benefits of these healthy fats.

1. Avocado

The benefits of avocados are so numerous that they're one of the healthiest fruits you can consume. Avocado nutrition is rich in monounsaturated fats, which raises levels of good cholesterol while lowering the bad — talk about a double-whammy. Avocados are also packed with the benefits of vitamin E, which help fight free radical damage, boost immunity and act as an anti-aging nutrient for your skin.

Plus, it's chock-full of healthy protein. Also, you can use it to cook with by adding avocado oil to your kitchen pantry. It has a mild taste that won't overpower dishes the way other oils might and also has a high smoke point, which means it works well for grilling or frying. And because it remains a liquid at room temperature, it's a tasty choice to drizzle on salads, sandwiches or veggies.

2. Butter & Ghee

We're all familiar with the "butter-like" substances frequently found on the shelves of the store, including margarine and other vegetable oil spreads – those are TOXIC! Real raw or grass-fed, organic sources — is what you should reach for instead.

The omega-6 and omega-3 fatty acids found in butter help your brain function properly and improve skin health. More importantly, these two fatty acids are considered essential, meaning the body needs them but can't produce them on its own; instead, they must be consumed from food sources. Butter is also rich in fat-soluble vitamins and trace minerals, including beneficial selenium, a powerful antioxidant.

Because of its low burning temperature — about 250 degrees Fahrenheit — butter is not great for cooking at high temperatures. Instead, use butter in baked goods and spread on fresh bread (including gluten-free varieties) or add a dollop to roasted veggies to add a rich, buttery flavor to foods.

Meanwhile, the Indian version of butter is quickly becoming a favorite across the globe. Ghee, or clarified butter, is simmered to bring out butter's naturally nutty flavor, leaving it with a high smoke point that makes it ideal for cooking at high temperatures. Ghee benefits include being loaded in fat-soluble vitamins A and E. These types of vitamins are best absorbed by your body when they're in a high-fat substance and then stored in your gastrointestinal tract, keeping your metabolism and digestion on track. It's also lactose- and casein-free, which makes it a fantastic alternative to butter if you suffer from lactose sensitivity or intolerance.

****You can make your own ghee or buy it in stores. When purchasing it commercially, look for organic or grass-fed cultured ghee. This healthy fat remains fresh for several weeks at room temperature, but you can increase its longevity and keep it spreadable by storing it in the refrigerator.**

3. Coconut Oil

Not only does coconut oil top the charts as one of the healthiest cooking oil options, but you can also apply coconut oil on your skin or use coconut oil for your hair as well. It's rich in medium-chain fatty acids, which are easy for your body to digest, not readily stored by the body as fat and small in size, allowing them to infuse cells with energy almost immediately. These fatty acids also improve brain and memory function. Adding coconut oil to your diet is easy. You can use it for cooking or baking or even try applying it directly to the skin. Beware that when cooking directly with coconut oil, the flavor can be a bit overpowering for some. When choosing a coconut oil, extra virgin varieties are best, as refined or processed coconut oils can eliminate many of the health benefits.

4. Extra-Virgin Olive Oil

Is olive oil good for you? Believe it or not, the olive oil benefits are so profound that almost any diet should include it. First, extra virgin olive oil (EVOO) is great for heart health. The high amount of antioxidants in EVOO means it protects your cells from damage. It also helps improve memory, energy and cognitive function and works as an anti-inflammatory agent. Since inflammation is at the root of most diseases, this is huge!

Make sure to pick only extra virgin varieties of the oil, which means no chemicals are involved when the oil is refined.

EVOO isn't recommended for cooking at high temperatures because of its low smoke point, but it's terrific for making salad dressings or drizzling over breads or cooked foods.

5. Fatty Fish

Fatty fish varieties like salmon, sardines, mackerel and anchovies are packed with heart-healthy omega-3 fatty acids that are absolutely crucial to health. These fats are considered essential fatty acids because the body isn't capable of producing them on its own, which means we must rely on omega-3 foods in our diet to supply these key compounds.

If fatty fish isn't a regular part of your diet, you may want to consider supplementing with fish oil, krill oil, cod liver oil or a vegetarian alternative like algal oil. These supplements can help deliver the omega-3 fatty acids you need to fight inflammation and promote better heart health.

6. Nuts and Seeds

A welcome addition for vegetarians and vegans, nuts and seeds are a terrific option for getting more healthy fats into your diets. For starters, they're extremely easy to incorporate into your diet; they're also fairly affordable and easily transportable, making them perfect for snacking. Aside from being a great source of healthy fats, nuts and seeds offer a wealth of benefits for our bodies. Regularly eating them can help lower bad LDL cholesterol to keep your arteries clear and your heart healthy. And like other foods rich in omega-3s, nuts and seeds are also considered brain foods, and certain types are even recommended to help improve mood, increase energy, and defeat depression.

In fact, hazelnuts, Brazil nuts and macadamia nuts all have their own delicious nutritional profiles and are rich in healthy fats like oleic acid. You can also opt for nut butters, which make a great snack when paired with apple slices or carrot sticks. Look for nut butters with just one or two ingredients and skip those with added sugars and fillers. You can also try toasting nuts and sprinkling them over salads for an instant boost of healthy fats.

For seeds, flaxseeds and chia seeds are two of the top choices. They're both high in fiber and fat but low in carbs. Add seeds to yogurt or sprinkle in your smoothie, like in this keto smoothie recipe with avocado, chia seeds and cacao.

7. Eggs

This little wonder food checks all the boxes. It's an inexpensive food that's packed with protein and a full amino acid profile. And contrary to decades of popular belief, eggs also don't raise bad cholesterol levels. In fact, consuming eggs can actually lower cholesterol while improving heart health. The choline found in eggs is also helpful at keeping our brains in tip-top shape.

What can make eggs confusing are all the options. Some people advocate eating just egg whites, which is a mistake. Egg yolks are full of nutrients and healthy fats, and to get the full benefits of eggs, you should be consuming it all. Additionally, while egg carton claims can get tricky, the rule of thumb is to opt for free-range eggs, which have been shown to be higher in healthy fats and contain more omega-3s. (24)

8. Grass-fed, Organic Beef

While Americans often shun red meat in favor of poultry, grass-fed beef can definitely be a part of a balanced diet that's rich in healthy fats and protein, which is essential to keeping muscles strong and promoting satiety.

Choosing grass-fed over grain-fed is important because meat from cows that are nibbling on grass instead of grains comes loaded with extra benefits. It has significantly more omega-3 fatty acids and conjugated linoleic acid, or CLA, which helps to prevent cancer and other diseases, like diabetes and cardiovascular disease.

9. MCT Oil

MCTs, aka medium-chain triglycerides, are a type of saturated fat jam-packed with health benefits. They're easily digested and sent to the liver, where they can give your metabolism a kick-start. In fact, some people even add MCT oil to their morning coffee because it gives you more energy and helps you feel full, a great double-whammy if you're trying to maintain a healthy weight.

Try using MCT oil in homemade salad dressings, adding it to smoothies and shakes or replacing about one-third of the coconut oil in your recipes for MCT oil when you're baking.

10. Dark Chocolate YES! DARK CHOCOLATE

Not only does dark chocolate taste great, but it's also considered a superfood as well. It's high in fat and rich in antioxidants, which help protect our bodies from disease-causing free radicals. The flavanols found in dark chocolate also improve heart health, thanks to their ability to lower blood pressure and get more blood flowing to the heart and the brain. And if you've ever found that nibbling on a piece of chocolate helps you focus, you're not alone. It's a brain food that actually helps improve cognitive performance.

That being said, not all dark chocolate is created equal for your health. I recommend choosing a chocolate that contains at least 70 percent cacao or higher. This minimizes the amount of sugar and means you'll be getting a solid antioxidant boost. And wherever possible, look for brands that do fair trade and use organic cacao beans to get the most bang for your buck.