



The NativeBody Reset Guide to Healthy Fats

Natural Fats to Cook With

This chart shows which fats and oils to cook with at low, moderate, and high heat and which shouldn't be heated at all.

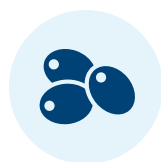
WHEN SHOPPING FOR FATS AND OILS:

LOOK FOR THE FOLLOWING TERMS			AVOID THESE TERMS			
✔ ORGANIC	✔ EXPELLER-PRESSED	✔ UNREFINED	✘ HYDROGENATED	✘ PARTIALLY HYDROGENATED	✘ REFINED	✘ REDUCED-FAT
✔ EXTRA-VIRGIN	✔ COLD-PRESSED		✘ COLD-PROCESSED		✘ FAT-FREE	✘ LOW-FAT

USE THESE TO COOK AT A HIGHER HEAT (MOST STABLE FATS)		USE THESE TO COOK AT LOW-TO-MODERATE HEAT (LESS STABLE)	
AVOCADO OIL	375 ° F - 520 ° F	SESAME OIL	350 ° F - 410 ° F
GHEE	485 ° F - 500 ° F	GRASS-FED BUTTER	350 ° F - 400 ° F
PALM OIL	450 ° F - 455 ° F	EXTRA VIRGIN OLIVE OIL	320 ° F - 405 ° F
COCONUT OIL	350 ° F - 450 ° F	HEMP SEED OIL	330 ° F - 350 ° F
MACADAMIA NUT OIL	390 ° F - 410 ° F	WALNUT OIL	320 ° F - 400 ° F
TALLOW	375 ° F - 400 ° F	PUMPKIN SEED OIL	320 ° F - 350 ° F
DUCK FAT	375 ° F - 390 ° F	FLAXSEED OIL	225 ° F - 350 ° F
LARD	370 ° F - 390 ° F		

Natural Fats to Use as Dressings

Oils that are best used as salad dressings or toppers are those with lighter flavors and aromas, as well as oils that offer health benefits when consumed without cooking. Here are some oils commonly used for salad dressings or as toppers:



Extra Virgin Olive Oil: Known for its fruity flavor and aroma, extra virgin olive oil is a classic choice for salad dressings. It's rich in monounsaturated fats and antioxidants, offering potential health benefits.



Avocado Oil: With its mild flavor and creamy texture, avocado oil is another excellent option for salad dressings. It's high in monounsaturated fats and vitamin E, making it a nutritious choice.



Walnut Oil: Walnut oil has a distinctive nutty flavor that pairs well with salads, particularly those featuring nuts or fruit. It's rich in omega-3 fatty acids, which are beneficial for heart health.



Sesame Oil: Toasted sesame oil adds a unique nutty flavor to dressings and marinades. It's commonly used in Asian cuisine and pairs well with ingredients like soy sauce, ginger, and garlic.



Flaxseed Oil: Flaxseed oil has a slightly nutty flavor and is high in alpha-linolenic acid (ALA), an omega-3 fatty acid. Due to its delicate nature, it's best used in small amounts and should be stored in the refrigerator to prevent rancidity.



Pumpkin Seed Oil: Pumpkin seed oil has a rich, nutty flavor that adds depth to salads. It's high in mono-unsaturated fats, vitamin E, and antioxidants.

These oils can be drizzled over salads, vegetables, or meat to add flavor and enhance nutritional content. Experiment with different combinations and ratios to find your favorite flavor profiles for salad dressings and toppers.

Natural Fats to Eat

Healthy fats are an essential part of a balanced diet and provide various health benefits, including supporting heart health, brain function, and hormone production. Here are some healthy fats that you can incorporate into your diet:

- ✓ Avocados
- ✓ Olives
- ✓ Eggs (Specifically the Yolk)
- ✓ Fatty Fish (Salmon, Mackerel, Trout, Sardines, Herring)
- ✓ Coconut Butter
- ✓ Coconut Flakes
- ✓ Unsweetened, Full-Fat Coconut Milk
- ✓ Nuts & Nut Butter (make sure there are no industrial seed oils or sugar)
- ✓ Seeds (make sure there are no industrial seed oils or sugar)
- ✓ Dark Chocolate

Ultra-Processed Fats to Avoid

To reduce silent inflammation in the body, the following fats should be avoided:

- ✗ All Butter Substitute Spreads
- ✗ Canola Oil
- ✗ Corn Oil
- ✗ Cottonseed Oil
- ✗ Grapeseed Oil
- ✗ Margarine
- ✗ Peanut Oil
- ✗ Safflower Oil
- ✗ Soybean Oil
- ✗ Trans Fats (found in processed & packaged foods)
- ✗ Vegetable Shortening