

Fats and Oils

Please indicate how many times PER WEEK you eat the following fats/oils.

<p>OMEGA 9 (<i>stabilizer</i>) ~50% of daily fat calories Oleic Fatty Acid</p>	<p>___ Almond Oil ___ Almonds/Cashews ___ Almond butter ___ Avocados ___ Peanuts ___ Peanut butter (natural/soft)</p>	<p>___ Olives ___ Olive Oil ___ Sesame Seeds/Tahini ___ Hummus (tahini oil) ___ Macadamia Nuts ___ Pine Nuts</p>
<p>OMEGA 6 (<i>controllers</i>) <i>Essential Fatty Acid Family</i> ~30% of daily fat calories LA → GLA → DGLA → AA</p>	<p>___ Eggs (whole), organic (AA) ___ Meats (commercial) (AA) ___ Meats (grass-fed, org) (AA) ___ Brazil nuts (raw) ___ Pecan (raw) ___ Hazelnuts/Filberts (raw) ___ Hemp Seeds</p>	<p>___ Evening Primrose (GLA) ___ Black Currant Oil (GLA) ___ Borage Oil (GLA) ___ Hemp Oil ___ Grapeseed Oil ___ Sunflower Seeds (raw) ___ Pumpkin seeds (raw)</p>
<p>OMEGA 3 (<i>fluidity/communicators</i>) <i>Essential Fatty Acid Family</i> ~10% of daily fat calories ALA → EPA → DHA</p>	<p>___ Fish Oil capsule: ↑DHA ___ Fish Oil capsule: ↑EPA ___ Fish (salmon/fin-fish) ___ Fish (shellfish) ___ Flax seeds/meal</p>	<p>___ Flax Oil ___ UDO's DHA Oil ___ Algae ___ Greens Powder w/algae ___ Chia seeds</p>
<p>BENEFICIAL SATURATED (<i>structure</i>) ~10% of daily fat calories Short Chain/Medium-chain Triglycerides</p>	<p>___ Coconut Oil ___ Butter, organic ___ Ghee (clarified butter) ___ Dairy, raw & organic</p>	<p>___ Meats, grass-fed ___ Wild game ___ Poultry, organic ___ Eggs, whole organic</p>
<p>DAMAGED FATS/OILS (promoting stress to cells & tissues) <i>Should be <5% (try to avoid)</i> Trans Fats Acrylamides Odd-Chain Fatty Acids VLCFA/damaged</p>	<p>___ Margarine ___ Reg. vegetable oils (corn, sunflower, canola) ___ Mayonnaise(Commercial) ___ Hydrogenated Oil (as an ingredient) ___ "Imitation" cheeses ___ Tempura</p>	<p>___ Doughnuts (fried) ___ Deep-fried foods ___ Chips fried in oil ___ Reg. Salad dressing ___ Peanut Butter (JIF, etc) ___ Roasted nuts/seeds ___ Non-dairy products</p>