

EAT A SMALL SERVING OF HEALTHY FAT WITH EACH MEAL

How to eat (healthy) fats



Here are some of our favorite, simple, ways to include healthy fats in our diets. For more recipe ideas, why not check out our cookbook, *Gourmet Nutrition*, or allrecipes.com? What foods have protein?

Our favorites

Nuts and seeds

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts/filberts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Fresh raw coconut

Note: many of these nuts and seeds are also available as oils or butters. Look for fresh, semi-perishable, cold-pressed and/or extra-virgin oils and nut/seed butters. Avoid fats that are processed or hydrogenated.

Avocado

Olives

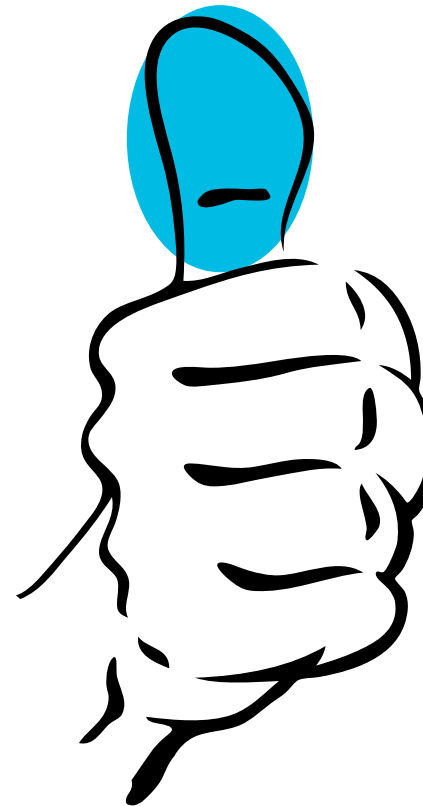
Oils & solid fats

- Extra-virgin olive oil
- Extra-virgin coconut oil or coconut milk
- Raw cacao butter

Animal fats

- Butter (grass-fed if possible)
- Fatty fish such as salmon, mackerel, or herring
- Grass-fed / pastured meats & poultry
- Higher-fat dairy from grass-fed / pastured animals

Note: grass-fed, pastured, and/or wild-caught animals have a healthy, natural fat profile. Avoid fat from industrially raised / grain-fed animals if possible.



Portion size tip

Remember that fats are calorie-dense, so although they're good for us, eat them sparingly.

**1 portion of fat
= 1 thumb**

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1. Salad dressing

Looking for a way to spruce up your colorful veggie salad? Look no further than a delicious salad dressing made with a fresh, cold-pressed oil.

Anatomy of an awesome salad dressing

1. Pick an acid

Lemon or lime juice
Apple cider vinegar
Balsamic vinegar
Rice vinegar
Red or white wine vinegar
Note: Feel free to combine these.

2. Pick an oil

Look for fresh, cold-pressed or extra-virgin oils such as:
Almond oil
Apricot kernel oil
Avocado oil
Flax oil
Hemp oil
Olive oil
Pumpkin seed oil
Sesame seed oil
Walnut oil
Lemon- or orange-flavoured fish oil

3. Add options

Chopped fresh herbs or a pinch of dried herbs such as basil, dill, mint, oregano, sage, rosemary, thyme, etc.
Tomato juice or paste
Regular or Dijon mustard
Avocado
Chopped garlic, dehydrated onion flakes
Yogurt
Fresh or dried ginger
Miso
A few drops of stevia or some fruit purée (if you want sweetness)
Salt & pepper to taste

4. Combine

Use 2 to 3 parts oil to 1 part acid.
Add anything else you like.
Pour all ingredients into a jar with a lid and shake. Or pour into a blender and whiz for a few moments to emulsify.
Have fun experimenting with different flavours!



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2. Spruce up vegetables

Remember your steamed vegetables from a while back? This is the perfect occasion to fancy them up with a fresh, cold-pressed oil drizzled on top. Again, experiment with different types and different flavours.

Just one note: Many cold-pressed oils are temperature-sensitive, so put them on after you cook the veggies. Don't cook with them.

However, it's OK to cook with olive oil. Try tossing vegetables in some olive oil and salt, and roasting them in the oven or grilling them on the BBQ.



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3. Just add nuts & seeds

Chopped or ground nuts add flavour and texture to many dishes. For instance:

- toss some chopped cashews on top of a stir-fry
- add ground flax seeds or other ground or chopped nuts to oatmeal or home baked goods
- coat chicken, seafood, or fish in ground nuts or shredded unsweetened coconut before baking – makes a crispy crust
- use ground nuts in place of cookie or bread crumb crusts
- add seeds or chopped nuts on top of salads



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4. Dip it good

Commercially prepared dips are often full of trans fats, sodium, artificial flavours, preservatives, and other junk you don't need. But it's easy to make your own healthy dip. Here are a few better options.

Easy guacamole

WHAT YOU'LL NEED

2 avocados
2-3 green onions, finely chopped
Splash of lime juice
Salt to taste

WHAT YOU'LL DO

Cut open avocados. Scoop out the flesh. Discard skin and pits. Mash the avocado with the chopped onions and lime juice in a bowl. This goes nicely with a few spoonfuls of salsa over Mexican-style chicken, beef, seafood, or beans. You can also throw some chopped tomatoes in here if you like.

Tomato hummus

WHAT YOU'LL NEED

2 tbsp (15 mL) extra-virgin olive oil
1 small can of tomato paste
1 cup chickpeas
Small handful of fresh parsley, finely chopped
1 clove fresh garlic, minced
Salt and pepper, to taste
Splash of lemon juice

WHAT YOU'LL DO

Use a fork or a food processor to mash all ingredients together until smooth. Serve with whole grain pita or fresh vegetables.

High-protein veggie dip

WHAT YOU'LL NEED

1 cup cottage cheese or strained Greek yogurt (such as Fage)
1/2 avocado
1 tbsp fresh cold-pressed nut or seed oil (e.g. flax or hemp seed oil)
1 green onion, finely chopped
1 small handful of fresh parsley, basil, dill, or oregano

WHAT YOU'LL DO

Use a fork or a food processor to mash all ingredients together until smooth. Serve with fresh vegetables.

