

EAT Fiesta

Nourish your body with the right fats and oils



Feast on...

All fats and oils are made up of different ratios of saturated, mono-unsaturated and poly-unsaturated fatty acids. They are known as and grouped by which fatty acid is in the highest proportion.

SATURATED / MONO-UNSATURATED

MONO / POLY-UNSATURATED (PUFA)

The more saturated a fat, the more stable it is

HIGH HEAT

MODERATE HEAT



coconut oil



beef/lamb tallow



ghee



lard



duck fat



butter



olive/macadamia oil



Source from organic plants and pasture raised animals where possible

Source organic cold pressed oils where possible



* can be used at moderate temperatures

FORCE OUT

TRANS FATS

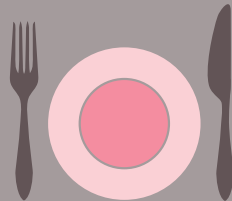
Hydrogenated / Partially hydrogenated industrial fats are toxic to the body

- margarine
- packaged food
- butter spreads
- commercial lard/duck fat



HIDDEN FATS

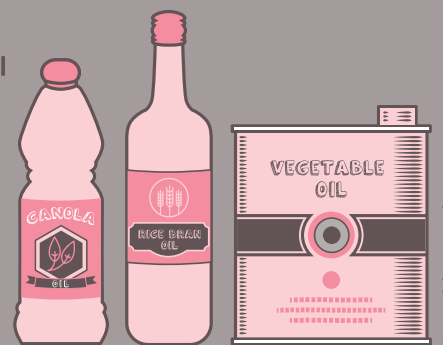
- processed foods
- take-away foods
- eating out



INDUSTRIAL OILS

These oils are highly processed at extreme temperatures causing oxidation which is toxic to your body

- canola oil
- vegetable oil
- soyabean oil
- grapeseed oil
- rice bran oil



Artwork by nettiedune.com.au