



Healthy Fats	Serving Size	Total Carbs (grams)	Fiber (grams)	Net Carbs (grams)	Protein (grams)	Fat (grams)
Almonds	1 oz (about 23)	6	4	2	6	14
Anchovies*	5 (canned in oil)	0	0	0	6	2
Avocado and avocado oil	1 OZ (1/5 of whole California avocado) 1 Tablespoon oil	3 0	2 0	1 0	Trace 0	4 14
Brazil nuts	1 oz (whole, about 6)	4	2	2	4	19
Butter	1 Tablespoon	Trace	0	Trace	Trace	12
Canola oil*	1 Tablespoon	0	0	0	0	14
Cashews	1 oz (whole, about 18)	9	Trace	9	4	13
Coconut and coconut oil	1 oz (dried, unsweetened) 1 Tablespoon oil	7 0	5 0	2 0	2 0	18 14
Cod liver oil	1 Tablespoon	0	0	0	0	14
Flaxseed and flaxseed oil*	1 Tablespoon ground flaxseed 1 Tablespoon oil	2 0	2 0	0 0	1 0	3 14
Halibut*	3 oz (cooked)	0	0	0	23	3
Herring*	3 oz (cooked)	0	0	0	20	10
Lard	1 Tablespoon	0	0	0	0	13
Macadamia nuts	1 oz (about 11)	4	2	2	2	22
Mackerel*	3 oz (Atlantic, cooked)	0	0	0	20	15
Olives	5	1	Trace	1	Trace	2
Olive oil	1 Tablespoon	0	0	0	0	14
Oysters*	3 oz (canned)	3	0	3	6	2
Palm oil	1 Tablespoon	0	0	0	0	14
Pecans	1 oz (halves, about 19)	4	3	1	3	20
Pine nuts	1 oz	4	1	3	4	19
Pistachio nuts	1 oz (shelled, about 49)	8	3	5	6	13
Pumpkin seeds*	1 oz (kernals, roasted)	4	1	3	9	12
Salmon*	3 oz (Atlantic, cooked)	0	0	0	19	11
Sardines*	2 (canned on oil, drained)	0	0	0	6	3
Sesame seeds	1 oz (toasted)	7	4	3	5	14
Sunflower seeds	1 oz (dry, roasted)	7	3	4	6	14
Trout*	3 oz (cooked)	0	0	0	21	6
Tuna*	3 oz (cooked)	0	0	0	25	5
Walnuts and walnut oil*	1 oz nuts(halves, about 14/ chopped, ¼ cup) 1 Tablespoon oil	4 0	2 0	2 0	4 0	19 14

*High in omega 3 essential fatty acids. Consume at least 3 servings of cold-water fish weekly.

Note: King mackerel, tuna, and other predatory or long-lived fish (i.e. swordfish, shark, and orange roughy) contain high amounts of mercury. Limit intake of these fish, especially if you are a woman of childbearing age or are feeding young children.