

FAT

VERSUS

FAT

COMPARING THE 2 TYPES OF FATS

ANTI-INFLAMMATORY FATS

These fats reduce inflammation in the body.

Make up a healthy cell membrane

Helps make hormones and supports hormonal balance

Improves brain function

Olive oil
Avocado oil
Butter/Ghee
Tallow/Lard
Cocoa Butter
Coconut oil
Almond oil
Unrefined palm oil
Walnut oil
Flax oil

INFLAMMATORY FATS

DON'T EAT

These fats cause and exacerbate inflammation in the body.

Changes the cell membrane structure, therefore changing the function

Causes hormonal imbalance

Hinders brain function

Soybean oil
Canola oil
Sunflower oil
Safflower oil
Corn oil
Cottonseed oil
Hydrogenated oil
Refined Palm
Margarine
Vegan Butters
Shortening