



## Fats and Oils

### YES

Grass-fed Butter  
Grass-fed Ghee  
Grass-fed Meat Fat  
Wild-Caught Fish Oils  
Coconut Oil  
MCT Oils  
Extra Virgin Olive Oil  
Cocoa Butter  
Avocado Oil  
Almond Oil  
Walnut Oil  
Hazelnut Oil  
Palm Oil  
Sesame Seed Oil  
Macadamia Nut Oil

### SOME

Pastured Bacon Fat  
Grain-fed Butter  
Grain-fed Ghee  
Grain-fed Meat Fat  
Duck Fat  
Goose Fat  
Chicken Fat  
Safflower Oil  
Sunflower Oil  
Lard  
Tallow  
Flax Oil  
Farm-raised Fish Fat

### NO

Canola Oil  
Corn Oil  
Cottonseed Oil  
Peanut Oil  
Soy Oil  
“Vegetable” Oil  
Margarine  
Oils from GMO grains