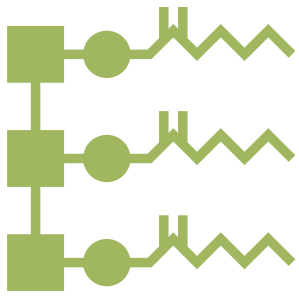


HEALTHY FATS GUIDE

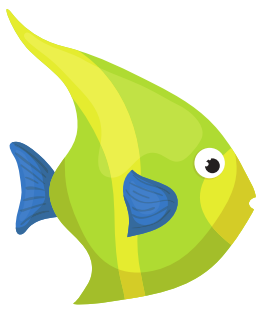
ANTI - INFLAMMATORY (GOOD) AND INFLAMMATORY (BAD)



Focus On Eating Omega 3-Fatty Acids

ANTI-INFLAMMATORY

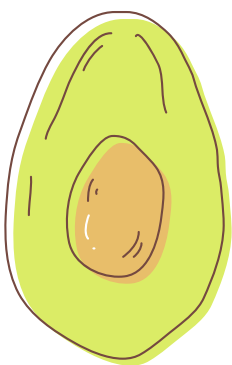
Omega-3 fatty acids have anti-inflammatory properties and, therefore, might be useful in the management of inflammatory and autoimmune diseases.



Best Foods (highest in omega-3)

BEST FOODS (FISH SOURCES)

Mackerel (4,107 mg per serving)
Salmon (4,123 mg per serving)
Cod liver oil (2,682 mg per serving)
Herring (946 mg per serving)
Sardines (2,205 mg per serving)
Anchovies (951 mg per serving)



Best Foods (highest in omega-3)

BEST FOODS (PLANT SOURCES)

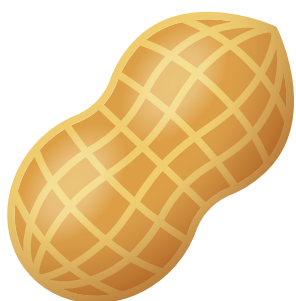
Flax seeds (remember to soak before)
Chia seeds (remember to soak before)
Avocados.



Neutral Foods (not that high in omega 3 and higher in omega 6).

NAUTRAL FOODS

Olives, Olive oil, walnuts.



Worst foods (try to avoid)

HIGH OMEGA 6 (INFLAMMATORY ONES)

Peanuts, sunflower seeds, canola oil, corn oil, cottonseed oil, soy oil, tofu, soy products, cashews.