**What • Why • How**

**Beneficial Fats**

### What Are Beneficial Fats?
- Salmon, tuna, sardines, lake trout and mackerel.
- Nuts and nut butters
- Oils such as olive oil, coconut oil, walnut oil, unrefined sunflower oil
- Sunflower seeds, pumpkin seeds, flaxseed, chia seeds, hemp seeds
- Eggs from chickens who have been fed omega 3 fatty acids
- Avocado and avocado oil
- Sea vegetables such as seaweed, nori, wakame and kombu

### Why Include Beneficial Fats?
- Provide protection for organs such as the heart, liver and kidneys
- Helps in absorption of vitamins A, D, E, and K (Fat soluble vitamins)
- Critical for the strength of cell membranes allowing nutrients to pass through
- Important for maintaining the health of the brain, liver, blood, skin and nervous system
- Used to make hormones for mood and sleep
- Assists in providing energy to the body
- Gives food flavor and texture

### How to Use Beneficial Fats:
- **Assembly:** Avocado / Grapefruit salad (Using jarred grapefruit segments and prepared dressing)
- **In Training:** Sardine Spread using canned sardines, cilantro, ground mustard and other simple ingredients combined with a cooked noodle
- **Home Chef:** Salmon or tuna entrée with a grain and seeds, seaweed salad

(Actual Recipes to follow)

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For more information about ways to advance Nourishing Minnesota, please contact Dianne Lev at 612-624-1121.