

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)

The Center would like to thank the George Family Foundation for its generous support in launching Nourishing Minnesota.

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

