

CHOOSE MORE OMEGA 3

OILS

- olive oil, avocado oil, macadamia nut oil

NUTS & SEEDS

- chia, flax, walnuts

OTHER

- fatty fish: salmon, mackerel, sardines
- butter, ghee, or spreads made from olive or coconut oil
- homemade salad dressing

CHOOSE LESS OMEGA 6

OILS

- soybean oil, corn oil, sunflower oil

NUTS & SEEDS

- sunflower seeds, pine nuts

OTHER

- processed & packaged foods
- fast foods
- margarine
- vegetable shortening
- store-bought salad dressing
- egg yolks

