**Good Fats**

* Olive oil
* Canola oil
* Sunflower oil
* Peanut oil
* Sesame oil
* Avocados
* Olives
* Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
* Peanut butter
* Soybean oil
* Corn oil
* Safflower oil
* Walnuts
* Sunflower, sesame, and pumpkin seeds  
  Flaxseed
* Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
* Soymilk
* Tofu