

# Fat Cheat Sheet

## Fruit

- 1 med. avocado 23g
- 1 cup black olives 15g

## Seeds

- 2 tbsp flax 9g
- 2 tbsp chia 9g
- 3 tbsp hemp hearts 15g
- 3 tbsp pumpkin 22g
- 3 tbsp sunflower 13g

## Oil

- 1 tbsp olive 14g
- 1 tbsp avocado 14g
- 1 tbsp coconut 14g
- 1 tbsp sesame 14g

## Fish

- 4 oz salmon 6g
- 4 oz tuna 10g
- 3oz herring 12g
- 1 oz mackerel 15g
- 3 oz sardines 11g
- 4 oz trout 8g

## Nuts & Legumes

- 1/4 cup walnuts 13g
- 1/4 cup almonds 14g
- 1/4 cup pistachios 14g
- 1/4 cup cashews 12g
- 1/4 brazil nuts 22g
- 1/4 cup peanuts 18g
- 2 tbsp almond butter 18g
- 2 tbsp cashew butter 16g
- 2 tbsp peanut butter 16g

## Beef & Poultry

- 3 oz lean beef 25g
- 4 oz pork 5g
- 1 bratwurst 23g
- 1 chicken sausage 11g
- 1 italian sausage 21g

## Miscellaneous

- 3 oz. tofu 4g
- 1/2 cup shelled edamame 5g
- 1 whole egg 5g