



# WHAT FATS SHOULD YOU EAT FOR LOSING WEIGHT?

## EAT MORE



Olives



Olive oil



Walnut oil



Avocado



Nuts  
(non dried  
and roasted)



Nut butter



Fresh  
coconut



Seeds

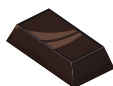
## EAT SOME



Coconut  
milk or oil



Cream



Dark  
chocolate



Flavoured  
nuts



Flaxseed oil



Cheese



Butter and  
margarine



Vegetable  
oil



Chocolate



Hydrogenated  
oils and  
trans fats



Cookies



Sunflower  
oil



Chips

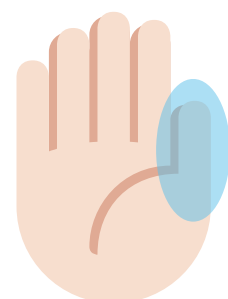


Bacon



Pastries

1 portion ~ 1 thumb ~ 11g ~ 100 calories



# FREE COURSES

## ANTI-DIET COURSE



## LOSE WEIGHT

Develop healthy habits that will sustain your weight loss over time.

FREE [click here](#)

## GET FITTER COURSE



## GET FITTER

Sustainable approach that will help you achieve healthy fitness goals.

FREE [click here](#)

## HEALTH PENSION COURSE



## AGE WELL

Get the help you need to stay healthy as you age.

FREE [click here](#)

