

TOP HEALTHY HIGH-FAT FOODS



#1: CHEESE



#5: CHIA SEEDS



#9: PORK



#13: ALMONDS



#17: OLIVES



#21: MCT OIL



#2: DARK CHOCOLATE



#6: COCONUT & COCONUT OIL



#10: AVOCADO



#14: DUCK



#18: MACADAMIA NUTS



#22: WALNUTS



#3: WHOLE EGGS



#7: FULL-FAT YOGURT



#11: EDAMAME



#15: CASHEWS



#19: PUMPKIN SEEDS



#23: BLUEFIN TUNA



#4: FATTY FISH



#8: EXTRA VIRGIN OLIVE OIL



#12: SPIRULINA



#16: FLAX SEEDS



#20: GRASS-FED BEEF



#24: ATLANTIC COD