

RESOURCES: FAT

<https://www.healthline.com/nutrition/healthiest-oil-for-deep-frying>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20045550>

<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>

<https://www.google.com/search?q=Are+there+fats+that+help+us+calm+down&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari>