



Reference Guide

Fats

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AN IXCELA RESOURCE TO HELP IMPROVE INTERNAL FITNESS

A Quick Way to Measure a Serving of Fat:

We use THUMBS as a measure of fat. Typically, 1 thumb of fat will contain about 10 grams of fat. The amount of fat in foods will vary depending on if it is in the form of a whole food, a nut butter, or an oil. It is good practice to review nutrition labels for guidance on how much fat is in a suggested serving size.



About Fats:

Fats are a source of energy and part of a healthy, balanced diet. They protect your organs and help your body absorb vitamins. Fat also helps to delay the onset of hunger pangs because it empties more slowly from the stomach. Some fats, such as omega-3 fatty acids, support the production of serotonin, a metabolite linked to sleep and mood.

Choosing Quality Fat Sources:

When including fat in the diet, aim to avoid high-fat foods that are prepackaged or processed. Look for whole, unprocessed fats with just one ingredient (such as olive oil, salmon, avocado, or almonds).

Saturated fat is most commonly found in animal foods like beef, butter, lard, and cheese, but it is also found in coconut oil. The [Dietary Guidelines for Americans](#) recommends limiting calories from saturated fat to less than 10% of total calories consumed. This means that saturated fat intake should be balanced with other sources of fat that include monounsaturated and polyunsaturated fats. Review the list of fats below for guidance.

If you are following a low FODMAP diet, we've got you covered with our [Low FODMAP Diet List](#).

If you are following the autoimmune protocol (AIP) diet, which limits many types of fats and nut butters, please refer to our [AIP Diet List](#). AIP is an elimination diet recommended primarily to individuals who have autoimmune diseases.

Types of Fat		
MONOUNSATURATED FAT	POLYUNSATURATED FAT	SATURATED FAT (LIMIT)
Avocado/avocado oil Nuts and seeds (almonds, hazelnuts, pecans, pumpkin seeds, sunflower seeds) Nut and seed butters Olives/olive oil	Omega-3 Fatty Acids Chia seeds Cod-liver oil Fatty fish (herring, mackerel, salmon, sardines, tuna) Fish oil Flax seeds/flax oil Walnuts	Animal fat (beef, bison, pork, poultry, etc.) Butter Coconut oil Full-fat dairy (cheese, cream, milk) Processed foods (baked goods, snack foods)
	Omega-6 Fatty Acids Flax seeds/flax oil Nuts and seeds (almonds, pine nuts, sunflower seeds, walnuts)	TRANS FAT (AVOID)
	Processed Oils to Avoid Canola Corn Cottonseed Grape-seed Palm Peanut Safflower Soybean	Fried foods Margarine Processed foods (baked goods, snack foods)