

Processed Fats & Oils Substitutes	
Poor Food Choice	Healthier Substitute
Fried foods	Healthy fats and oils: fat from grass-fed cattle or lamb (tallow) or pastured pork (lard), coconut oil, butter from grass-fed cattle, unprocessed red palm oil
Potato chips	Kale chips, sweet potato chips, plantain chips (cooked in coconut oil or baked)
Salad dressing vegetable oils (like soybean oil, corn oil, peanut oil, vegetable oil, safflower oil, sunflower oil, canola oil, etc.)	Organic extra virgin olive or avocado oil & vinegar (add herbs of choice); balsamic vinegar
Refined high polyunsaturated vegetable oils for cooking (like soybean oil, corn oil, peanut oil, vegetable oil, safflower oil, sunflower oil canola oil, margarine) Also, partially hydrogenated fats, hydrogenated fats, and trans fats for cooking or added to foods.	Organic coconut oil, butter from grass-fed cows (“ Kerrygold ”), ghee, saturated animal fats from cattle and pigs that are organically pastured and only fed their natural foods

Important Note:

It is important to realize that parents set the stage for food choices. Providing healthy food choices to children earlier in life helps set the tone and instill healthy eating habits. “Substitution” is an approach after bad habits have been established. It is easier to set good habits at the start than to replace bad habits with good habits later on.