

Top 10 Healthy Fats and Oils

The 10 best sources of healthy fats, from extra-virgin olive oil and avocado to oily fish and walnuts, with the evidence, servings, and cautions.

1 Extra-Virgin Olive Oil

Monounsaturated fat, polyphenols

Serving: 2-4 tablespoons daily

The best-studied cooking oil.

2 Avocado

Monounsaturated fat, fiber, potassium

Serving: 1/3-1/2 fruit

Whole-food monounsaturated fat with fiber.

3 Salmon and Oily Fish

EPA/DHA omega-3s

Serving: 2 servings weekly

The main source of EPA and DHA.

4 Walnuts

ALA, polyunsaturated fat

Serving: 1 oz

Plant omega-3 (ALA) in a nut.

5 Ground Flaxseed and Flaxseed Oil

ALA, lignans

Serving: 1 tbsp ground or 1 tsp oil

Concentrated plant omega-3s.

6 Canola Oil

Monounsaturated fat, ALA

Serving: 1-2 tablespoons

Affordable oil low in saturated fat with ALA.

7 Almonds and Almond Butter

Vitamin E, monounsaturated fat

Serving: 1 oz or 2 tbsp butter

Vitamin E-rich monounsaturated fat.

8 Chia Seeds

ALA, fiber

Serving: 1-2 tablespoons

Fiber plus plant omega-3.

9 Dark Chocolate (70% or More)

Flavanols, magnesium

Serving: About 1 oz

Cocoa flavanols in moderation.

10 Olives

Monounsaturated fat, vitamin E

Serving: 5-10 olives

Whole-fruit source of olive fats.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/healthy-fats-oils/