



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Dietary Fat Sources

** please select organic or pasture-raised as often as possible*

	OMNIVORE	PESCATARIAN	POLLETARIAN	VEGETARIAN	VEGAN
NUTS: almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, sacha-inchi, walnut	✓	✓	✓	✓	✓
SEEDS: amaranth, cacao, chia, coconut, flax, hemp, pumpkin, pinenut, pomegranate, poppy, quinoa, sesame, sunflower	✓	✓	✓	✓	✓
LEGUMES: edamame, peanut, soybeans, soymilk, tempeh, tofu	✓	✓	✓	✓	✓
VEGETABLES: artichoke, asparagus, avocado, beet greens, broccoli, brussels sprouts, cauliflower, collard greens, green beans, kale, mushrooms, okra, olives, olive oil, potatoes, purslane, spinach, sweet corn, sweet potatoes, zucchini	✓	✓	✓	✓	✓
DAIRY: cheese, eggs, full-fat cottage cheese, milk, yogurt	✓	✓	✓	✓	✗
POULTRY: chicken, dove, duck, emu, geese, guinea fowl, ostrich, pheasant, pigeon (squab), quail, turkey	✓	✓	✓	✗	✗
FISH: <i>oily fish</i> – anchovies, herring, mackerel, sardines, salmon, trout, tuna <i>mollusks & shellfish</i> – clams, crabs, crayfish, eel, lobster, muscles, octopus, oysters, scallops, shrimp, squid	✓	✓	✗	✗	✗
RED MEAT: antelope, beef, bison, deer, elk, lamb	✓	✗	✗	✗	✗
Other: alligator, bear, exotic meats, pork	✓	✗	✗	✗	✗