

Fats and Oils Survey

Name _____

Date _____

Please indicate how many times PER WEEK you eat the following fats/oils.

<p>OMEGA 9 (<i>stabilizer</i>)</p> <p>~50% of daily fat calories</p> <p>Oleic Fatty Acid</p>	<table border="0"> <tr> <td>___ Almond Oil</td> <td>___ Olives</td> </tr> <tr> <td>___ Almonds/Cashews</td> <td>___ Olive Oil</td> </tr> <tr> <td>___ Almond butter</td> <td>___ Sesame Seeds/Tahini</td> </tr> <tr> <td>___ Avocados</td> <td>___ Hummus (tahini oil)</td> </tr> <tr> <td>___ Peanuts</td> <td>___ Macadamia Nuts</td> </tr> <tr> <td>___ Peanut butter (natural/soft)</td> <td>___ Pine Nuts</td> </tr> </table>	___ Almond Oil	___ Olives	___ Almonds/Cashews	___ Olive Oil	___ Almond butter	___ Sesame Seeds/Tahini	___ Avocados	___ Hummus (tahini oil)	___ Peanuts	___ Macadamia Nuts	___ Peanut butter (natural/soft)	___ Pine Nuts		
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<p>OMEGA 6 (<i>controllers</i>)</p> <p><i>Essential Fatty Acid Family</i></p> <p>~30% of daily fat calories</p> <p>LA → GLA → DGLA → AA</p>	<table border="0"> <tr> <td>___ Eggs (whole), organic (AA)</td> <td>___ Evening Primrose (GLA)</td> </tr> <tr> <td>___ Meats (commercial) (AA)</td> <td>___ Black Currant Oil (GLA)</td> </tr> <tr> <td>___ Meats (grass-fed, org) (AA)</td> <td>___ Borage Oil (GLA)</td> </tr> <tr> <td>___ Brazil nuts (raw)</td> <td>___ Hemp Oil</td> </tr> <tr> <td>___ Pecan (raw)</td> <td>___ Grapeseed Oil</td> </tr> <tr> <td>___ Hazelnuts/Filberts (raw)</td> <td>___ Sunflower Seeds (raw)</td> </tr> <tr> <td>___ Hemp Seeds</td> <td>___ Pumpkin seeds (raw)</td> </tr> </table>	___ Eggs (whole), organic (AA)	___ Evening Primrose (GLA)	___ Meats (commercial) (AA)	___ Black Currant Oil (GLA)	___ Meats (grass-fed, org) (AA)	___ Borage Oil (GLA)	___ Brazil nuts (raw)	___ Hemp Oil	___ Pecan (raw)	___ Grapeseed Oil	___ Hazelnuts/Filberts (raw)	___ Sunflower Seeds (raw)	___ Hemp Seeds	___ Pumpkin seeds (raw)
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<p>OMEGA 3 (<i>fluidity/communicators</i>)</p> <p><i>Essential Fatty Acid Family</i></p> <p>~10% of daily fat calories</p> <p>ALA → EPA → DHA</p>	<table border="0"> <tr> <td>___ Fish Oil capsule: ↑DHA</td> <td>___ Flax Oil</td> </tr> <tr> <td>___ Fish Oil capsule: ↑EPA</td> <td>___ UDO's DHA Oil</td> </tr> <tr> <td>___ Fish (salmon/fin-fish)</td> <td>___ Algae</td> </tr> <tr> <td>___ Fish (shellfish)</td> <td>___ Greens Powder w/algae</td> </tr> <tr> <td>___ Flax seeds/meal</td> <td>___ Chia seeds</td> </tr> </table>	___ Fish Oil capsule: ↑DHA	___ Flax Oil	___ Fish Oil capsule: ↑EPA	___ UDO's DHA Oil	___ Fish (salmon/fin-fish)	___ Algae	___ Fish (shellfish)	___ Greens Powder w/algae	___ Flax seeds/meal	___ Chia seeds				
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<p>DAMAGED FATS/OILS</p> <p>(promoting stress to cells & tissues)</p> <p><i>Should be <5% (try to avoid)</i></p> <p>Trans Fats</p> <p>Acrylamides</p> <p>Odd-Chain Fatty Acids</p> <p>VLCFA/damaged</p>	<table border="0"> <tr> <td>___ Margarine</td> <td>___ Mustard seed / pate</td> </tr> <tr> <td>___ Reg. vegetable oils (corn, sunflower, canola)</td> <td>___ Deep-fried foods/</td> </tr> <tr> <td>___ Mayonnaise(Commercial)</td> <td>___ Chips fried in oil</td> </tr> <tr> <td>___ Hydrogenated Oil (as an ingredient)</td> <td>___ Reg. Salad dressing</td> </tr> <tr> <td>___ "Imitation" cheeses</td> <td>___ Peanut Butter (JIF, etc)</td> </tr> <tr> <td>___ Tempura</td> <td>___ Roasted nuts/seeds</td> </tr> <tr> <td></td> <td>___ Non-dairy products</td> </tr> </table>	___ Margarine	___ Mustard seed / pate	___ Reg. vegetable oils (corn, sunflower, canola)	___ Deep-fried foods/	___ Mayonnaise(Commercial)	___ Chips fried in oil	___ Hydrogenated Oil (as an ingredient)	___ Reg. Salad dressing	___ "Imitation" cheeses	___ Peanut Butter (JIF, etc)	___ Tempura	___ Roasted nuts/seeds		___ Non-dairy products
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