



Good Fats

Monounsaturated



Avocados



Peanut Butter

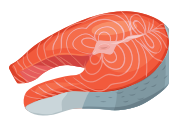


Olive Oil

Polyunsaturated



Flax Seeds



Salmon



Chia Seeds



Walnuts

Bad Fats

Saturated



Fatty Meat



Whole Milk



Butter

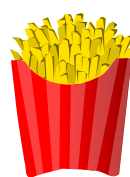


Coconut & Palm Oil

Trans



Processed Baked Goods



Fried Foods



Processed Snack Foods



SoulFIRE Health

Healthy living. Healthy behaviors.

