

Monosaturated

Hazelnuts

Cashew

Peanuts

Egg yolks

Almonds

Olive oil

Polysaturated

Oily fish

Sunflower oil

Corn oil

Avacado

Flax seeds

Saturated

Full fat milk, cream

Chocolate

Ice cream

Cheese

Coconut, Palm oil

Deep fried foods

Trans

Cakes

Soft drinks Biscuits

Fried foods

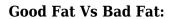
Doughnuts

Baked foods

Hydrogenated oils

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