



Balancing Nutrition
Tu cuerpo en Equilibrio

How much is one serving of fat:

It is recommended to eat 9-12 servings of fat per day

* These are some ideas to illustrate what a serving of fat looks like*

- 1 tablespoon of olive/coconut/sesame/avocado oil
- 1 tablespoon tahini
- 8 pecan or California pecan halves
- 4-6 Brazil nuts
- 8 almonds
- 8 olives
- 1/4 large or 1/2 small avocado
- 1 muffin or 2-3 slices of almond or coconut bread
- 1 tablespoon butter, ghee or nut butters
- 2 slices smoked salmon
- 2 tablespoons pesto or olive tapenade
- 2 tablespoons sunflower, pumpkin, flax, chia or poppy seeds
- 2 tablespoons coconut cream
- 3 tablespoons whole cream
- 1 tablespoon cream cheese or creme fraiche (over 25% fat)
- 4 bacon rashers
- Well-cured cheese - 2 rashers