It's important that you consume a small amount of healthy fats each day to maintain optimum nutrition.

Healthy fats are essential for absorbing certain vitamins, hormone production, providing fatty acids and brain and nervous system development.

A general guide to the amount of healthy fats that you should have per day is:

- 1 serve if your weight is under 75kg
- 2 serves if your weight is between 75kg – 120kg
- 3 serves if your weight is over 120kg

Choose your daily healthy fats serve from the list below:

SOURCE OF HEALTHY FATS	QUANTITY PER SINGLE SERVE
Oils e.g. olive, coconut	1 tablespoon (20g)
Avocado	½ medium (85g)
Nuts or seeds e.g. Almonds	2 tablespoons (30g)
Olives	12 medium
Roasted Coconut Flakes	30g
Coconut Milk or Coconut Cream	60ml

For more info, visit our YouTube channel and check out the "Healthy Fats" video.

TONY'S TIPS

- Try using your oil allowance to make a dressing for your salad. Add some vinegar or lemon juice along with fresh herbs and pepper.
- For an easy snack, try mashing your avocado with fresh chilli and lime juice and enjoy this great dip with some vegetable sticks.

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Consult your doctor or healthcare professional before embarking on any weightloss journey.