

DO IT FOR
YOURSELF!

CLASSIC HEALTHY FATS

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.

Tony Ferguson 

Contact us for help:
080-SLIMMER / 080-7546637 | www.tonyferguson.co.za
f Tony Ferguson Weightloss South Africa
@TFWeightlossSA | tonyfergusonrsa

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

