

REPLACE BAD FATS WITH GOOD ONES



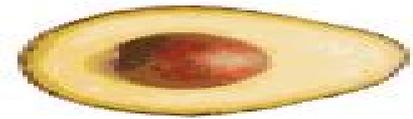
Butter
(for sauteing)



Olive Oil



Butter
(for baking)



Avocado



Steak



Salmon



Ground Beef



Tofu



Processed Food



Nuts

Fat Content Of Food

LM Reder



Fat Content Of Food:

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