

## 9 High-Fat Foods With Outstanding Health Advantages



Although dietary fat was once shunned and thought to be a major cause of heart disease, researchers have discovered that it can actually have some advantages.

The American Heart Association advises keeping saturated fat intake to less than 10% of total calorie intake, though. Nevertheless, some saturated fats, such as those in dairy, might not be as bad for you as those found in red meat.

Still, compared to their low-fat or fat-free counterparts, full-fat foods may have advantages. They typically contain less sugar and carbohydrates and are less processed.

Here are 9 extremely nutritious foods that are high in fat.

First, dark chocolate

In addition to being delicious, dark chocolate is also a healthy food. It has a very high fat content, with fat making up about 65% of the calories.

Dark chocolate also contains fibre and a number of important nutrients, such as iron and magnesium, which some people may not get enough of.

It also contains a tonne of antioxidants, including epicatechin and resveratrol, which may have anti-aging and performance-enhancing properties. Resveratrol is the antioxidant that gives red wine its health benefits.

It's crucial to choose dark chocolate that contains at least 70% cocoa because other brands contain more added sugar and fewer of the beneficial vitamins and antioxidants that dark chocolate offers.

### 2.Nuts

Nuts are very nutritious. They are a good plant-based source of protein and are high in fibre and good fats.

Additionally rich in magnesium, which most people don't get enough of, nuts also contain vitamin E.

According to studies, those who eat nuts are typically healthier and are at a lower risk of contracting a number of diseases. This includes heart disease, type 2 diabetes, and obesity.

Almonds, walnuts, macadamia nuts, and a variety of other nuts are all healthy.

### 3. Avocados

The skinny: A medium avocado contains approximately 21 grammes of fat. One avocado, which is a creamy, green source of fat, contains 9 grammes of fibre.

You know what to do here, so try it. Avocado tastes great in a variety of ways, including simply sliced on toast or mashed into a tangy guacamole. These avocado recipes will demonstrate numerous additional inventive uses for this leafy green fruit, including desserts (!) and pasta.

### 4. Olives

The skinny: Despite their diminutive size, all of the innumerable varieties of olives are fatty and flavorful. Four grammes of fat are contained in just one ounce, or about 14 green olives.

Try it: On pizza, pasta, and salads, olives are fantastic. They are also a fantastic addition to a cheese plate when combined with crackers and vegetables.

### 5. Tuna

The skinny: Another fish with a high concentration of omega-3 fatty acids and healthy fats is tuna. We're referring to both the readily available and reasonably priced canned goods (about 5 grammes in a typical can) as well as the variety you might find at your favourite Japanese restaurant (about 5 grammes in 3 ounces, cooked).

Try it: Try seared tuna steaks, tuna burgers, tuna salad on a sandwich or bed of lettuce, or tuna casserole to add this fatty fish to your diet.

### 6. Tofu

The skinny: Because it's a reliable source of plant-based protein and healthy fats, tofu is adored by vegetarians and vegans alike. Protein is a (what? This nutrient also aids in feelings of fullness and speeds up the recovery of your muscles following exercise.) Although this ingredient doesn't have as much fat as some of the other foods on this list, a 3-oz. serving of super-firm tofu still has about 4 grammes of fat.

Try it: You can basically use this deliciousness in countless different ways. You can quickly prepare dinner by combining tofu, vegetables, and chickpeas on a sheet pan. Try these tofu breakfast recipes if you want to get creative; it makes a great base for a smoothie or scramble.

## 7. Eggs

The skinny: Everyone is aware that eggs are a cheap and simple source of protein. Additionally, the yolks are a fantastic source of fat if you don't discard them. A large whole egg has 6 grammes of fat in it. The yolk is often preferred over the egg whites because it contains more nutrients, including selenium and choline, as well as rich flavour. (With regard to egg yolk cholesterol: The most recent nutrition research has found that egg yolks can be included in a healthy diet and generally have little effect on cholesterol levels.)

## (8) Full-fat dairy

The skinny: Dairy, which is rich in protein, contains fat, which is generally satiating. You may not get the same level of satisfaction from lower-fat dairy if you choose full-fat varieties. Each cup of whole milk and full-fat yoghurt has 8 grammes of total fat, including 5 grammes of saturated fat, in addition to a tonne of creaminess and richness.

Try it: Upgrade your low- or no-fat dairy intake and observe how you feel. For example, grab some chocolate whole milk as a post-workout snack or some full-fat Greek yoghurt that you can top with fruit, nuts, and granola.

## 9. Coconut shredded

The skinny: Coconut can be found in milk, cream, water, oil, fresh meat, and dried flakes, among other delectable forms. Shredded coconut flakes, whether sweetened or unsweetened, have 8 grammes of fat per ounce and a strong flavour of the tropics. However, the healthy fat content is also high in the other forms.

Try it: Toast coconut flakes in a skillet or under the burner for a few minutes until they are light golden-brown and extra fragrant. These coconut flakes are delicious on just about anything. Watch them closely to prevent burning.

## ten. Soy milk

The skinny: Soy milk is rich in healthy fats, just like whole soy beans and products made from soy beans. One 8-oz. cup of soy milk contains about 3.5 grammes of good fats, as well as a respectable amount of vitamins B and D, calcium, and other nutrients.

Try it: Where is soy milk ineligible for use? This plant-based dairy substitute can be used to make a variety of savoury dishes, including pasta and casseroles, as well as beverages and breakfast cereal.