




# Healthy vs. Unhealthy Oils

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**Which oils and fats are included  
in your diet can make a big  
impact on your health.**

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**Choose oils and fats that have a low percentage of linoleic acid.**

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OMEGA

**Linoleic acid is high in  
Omega-6 fatty acids.**


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# INFLAMMATION

**Omega-6 fatty acids increase production of free radicals and oxidative stress, which trigger inflammation and cell damage.**


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SPECIMEN  
NAME:   
PHIN:

A collage of processed foods including a glass of iced cola, donuts, french fries, and fried chicken.


**Most people consume 10 times more Omega-6 fatty acids than they should because of the oils and fats used in many processed foods and other products.**

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A woman with dark hair in a ponytail, wearing a purple top, is looking towards a healthcare professional on the right. The professional is wearing a white surgical cap and blue scrubs. They are in a clinical setting with IV stands and bags in the background. A semi-transparent dark blue banner is overlaid on the image, containing white text.

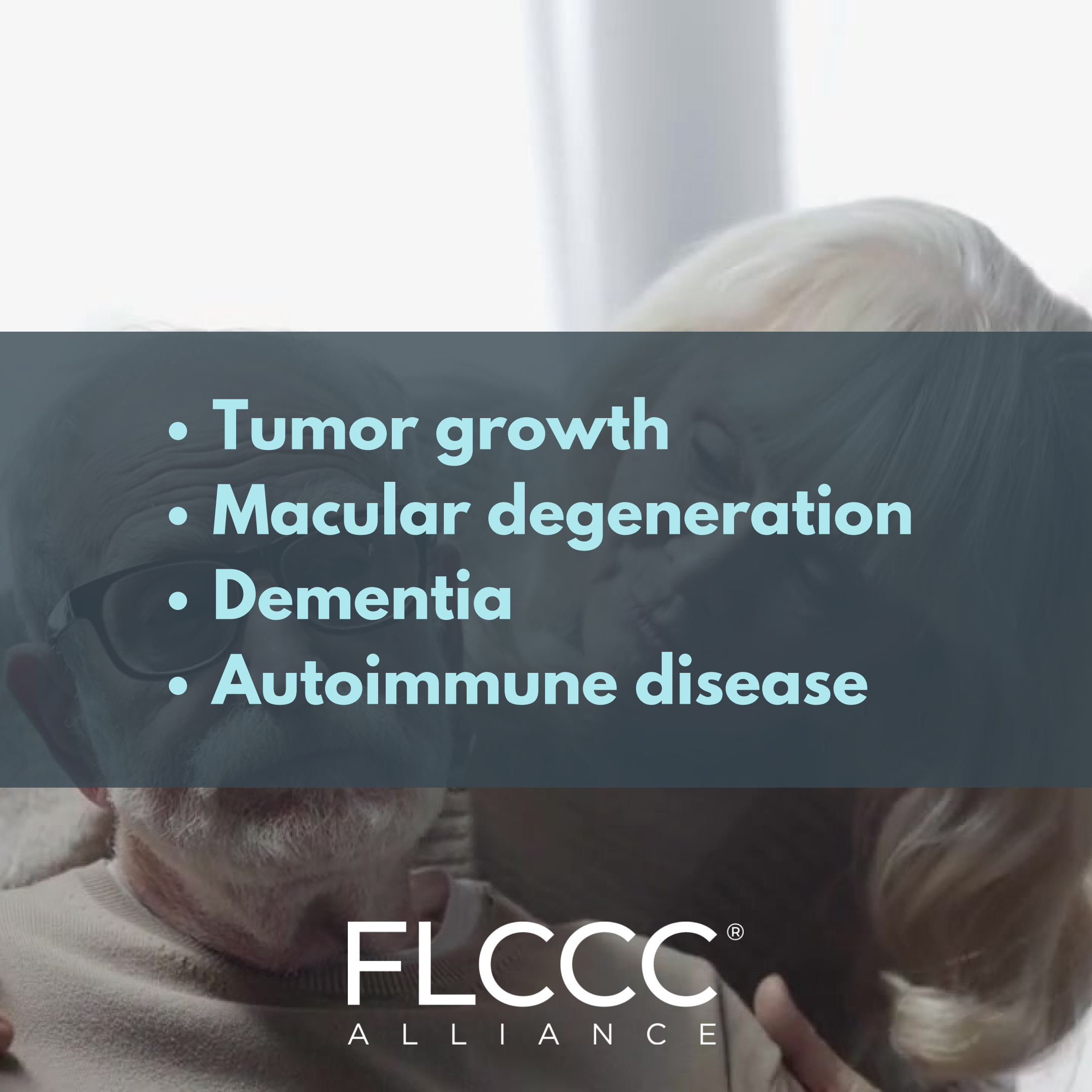
**Too much Omega-6 fatty acids  
can contribute to chronic health  
conditions like:**

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- 
- **Cardiac disease**
  - **Insulin resistance**
  - **Obesity**

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- **Tumor growth**
  - **Macular degeneration**
  - **Dementia**
  - **Autoimmune disease**

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## **Fats that are high in linoleic acid:**


- **corn oil**
- **margarine**
- **seed oils (e.g., cottonseed, grapeseed, peanut, and sesame)**

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**Let's now talk about the good  
fats you should be using!**

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A top-down view of several golden-yellow olives scattered on a light-colored surface, with a pool of olive oil. A small branch with green olives is visible on the left side. A dark grey horizontal band is overlaid across the middle of the image, containing white text.

**These oils and fats have a low  
percentage of linoleic acid.**

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- 
- **Olive oil**
  - **Butter**
  - **Avocado oil**
  - **Coconut oil**
  - **Flaxseed oil**
  - **Walnut oil**
  - **Pecan oil**

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A person is running on a bridge with a prominent steel truss structure. The bridge has a dark metal railing and is set against a light, overcast sky. The runner is in the center of the frame, moving away from the viewer. The overall tone is cool and athletic.

**Exercise and intermittent fasting  
will help speed up the depletion  
of linoleic acid in your body.**

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**Try these tips when cooking  
with good oils and fats:**

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**Top fresh salad greens with  
balsamic vinegar and olive oil.**



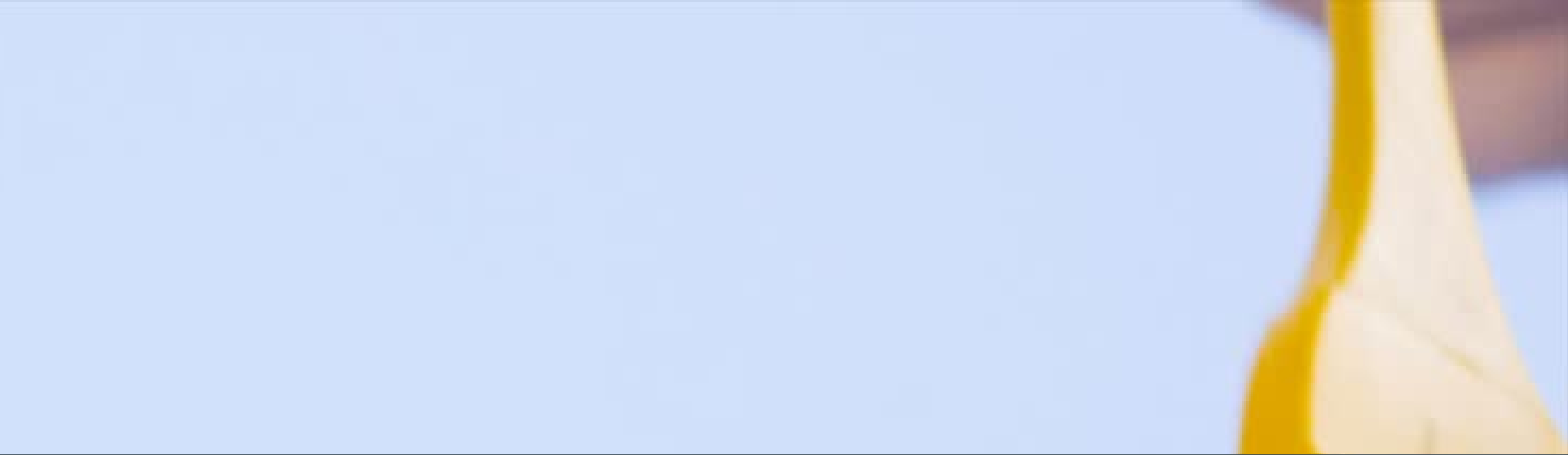
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A close-up photograph of a glass mug containing coffee. A stream of golden liquid, presumably coconut oil, is being poured from a metal spout into the coffee. The background is blurred, showing a white surface and some green leaves.

**Add coconut oil to your coffee to make bulletproof coffee while you are intermittent fasting.**

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**Sauté or marinate meats in avocado oil with crushed garlic for cooking on the stove, grill, or in the air fryer.**



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A close-up, high-angle shot of a pot of butter being heated. The butter is bubbling and turning a golden-yellow color, indicating it is being clarified. A dark wooden spoon is visible in the foreground, partially submerged in the liquid. The background is a dark, textured surface, possibly a countertop or another part of the kitchen.

**Clarify butter to make  
your own homemade ghee.**

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**Take control of your health.**

**For more information:  
FLCCC.NET**

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