

FATS



Trans Fats

- Hydrogenated vegetable oils
- Fast foods
- Cakes/pastries
- Chocolate
- Deep Fried Food



Saturated Fats

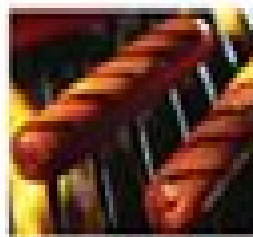
Vegetable Fats

- Coconut
- Palm oil
- 3-in-1 & 2-in-1 beverages, creamer, condensed milk



Animal Fats

- Poultry skin
- Fatty meat
- Butter
- Ghee
- Tallow / lard
- Full cream dairy products



Unsaturated Fats

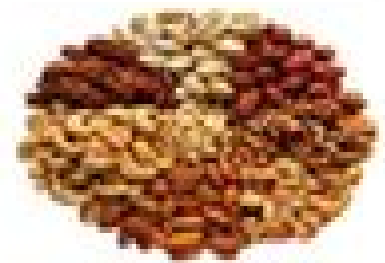
Polyunsaturated

- Corn oil
- Soybean oil
- Sunflower oil
- Seeds
- Cold-water fish



Monounsaturated

- Olive oil
- Canola oil
- Peanut oil
- Sesame oil
- Avocado
- Most nuts



Polyunsaturated Cookery

N Noddings



Polyunsaturated Cookery:

Embracing the Beat of Term: An Mental Symphony within **Polyunsaturated Cookery**

In a world used by monitors and the ceaseless chatter of quick interaction, the melodic beauty and psychological symphony developed by the published term often fade in to the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. But, located within the pages of **Polyunsaturated Cookery** a wonderful fictional treasure filled with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that fascinating masterpiece conducts readers on an emotional journey, well unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths of this poignant examination, we will examine the book is key harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://pinsupreme.com/About/uploaded-files/Documents/mental_math_for_pilots_a_study_guide.pdf

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