



## 14 Healthy, High Fat Low Carb Foods

How healthy is your low carb diet?  
Use the best, high fat low carb foods  
to lose more weight.

### High Fat Low Carb Oil

- Coconut Oil (100 % Fat)
- Olive Oil (100 % Fat)

### High Fat Low Carb Fruit

- Coconut (89 % Fat)
- Avocado (83 % Fat)

### High Fat Low Carb Dairy

- Butter (100 % Fat)
- Cream Cheese (90 % Fat)
- Sour Cream (90 % Fat)
- Full Fat Cheese (75 % Fat)
- Whole Eggs (60 % Fat)

### High Fat Low Carb Meats

- Bacon (70 % Fat)
- 70/30 Ground Beef (60 % Fat)
- Poultry (58 % Fat)
- Pork (57 % Fat)

### High Fat Low Carb Dessert

- Dark Chocolate (65 % Fat)

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