



THE BEST PLANT-BASED SOURCES OF UNSATURATED FATS

*per 100 g edible portions

MONOUNSATURATED FATS



OLIVE OIL
73 g per 100 g



AVOCADO OIL
71 g per 100 g



ALMONDS
33 g per 100 g



CASHEWS
28 g per 100 g



PEANUTS
25 g per 100 g



PISTACHIOS
24 g per 100 g



OLIVES
15 g per 100 g



PUMPKIN SEEDS
13 g per 100 g



AVOCADOS
10 g per 100 g

POLYUNSATURATED FATS



SOYBEAN OIL
58 g per 100 g



HEMP SEEDS
36 g per 100 g



FLAX SEEDS
29 g per 100 g



WALNUTS
25 g per 100 g



CHIA SEEDS
23 g per 100 g



SOYBEANS
6 g per 100 g

**nutrient data based off of values listed in the Canadian Nutrient File

Canadian Nutrient File. 2018. <https://food-nutrition.canada.ca/cnf-fce/report-rapport.do>. Sourced July 15, 2021.



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Nicole is a Registered Dietitian in Canada, with Masters and Undergraduate degrees in Human Nutrition and a Certified Diabetes Educator. She has her own one-on-one counselling practice with a focus on weight and chronic disease management. She also works part time at a community hospital, covering the cancer care and rehabilitation units. Nicole is currently a member of the 2021 Becel Centre for Heart Health Steering Committee, a team of registered dietitians working to create practical and relevant content.