



LINDGREN  
functional medicine

# Healthy Fat



## BINGO

Can you get 5 in a row?



|               |                 |                |                  |                        |
|---------------|-----------------|----------------|------------------|------------------------|
| OLIVES        | RAW COCONUT     | MACADEMIA NUTS | SARDINES         | FLAXSEED               |
| ALMOND BUTTER | SALMON          | COCONUT OIL    | GHEE             | EXTRA VIRGIN OLIVE OIL |
| AVOCADO OIL   | SUNFLOWER SEEDS | FREE           | FULL-FAT YOGURT  | TALLOW                 |
| PUMPKIN SEEDS | SOUR CREAM      | WALNUTS        | HEMP SEEDS       | AVOCADO                |
| FLAX OIL      | EGGS            | DUCK FAT       | GRASS-FED BUTTER | COCONUT CREAM          |

