

# Fats

These help you reach 130–180 g fat/day, ensuring energy for ketosis.

## [Fat Intake guide](#)

- **Oils:**
  - **Examples:** Olive oil, coconut oil, avocado oil, MCT oil.
  - **Nutrition (per 1 tbsp, ~14 g):**
    - Olive oil: 0 g protein, 14 g fat, 0 g carbs, ~120 kcal.
    - MCT oil: 0 g protein, 14 g fat, 0 g carbs, ~130 kcal (boosts ketones).
  - **Tips:** Drizzle olive oil on salads or veggies. Use MCT oil in coffee (bulletproof coffee).
- **Butter/Ghee:**
  - **Nutrition (per 1 tbsp, ~14 g):**
    - Butter: 0 g protein, 12 g fat, 0 g carbs, ~100 kcal.
    - Ghee: 0 g protein, 13 g fat, 0 g carbs, ~110 kcal.
  - **Tips:** Cook eggs or veggies in butter. Ghee is lactose-free for sensitive stomachs.
- **Nuts/Seeds (Moderate Use):**
  - **Examples:** Macadamia nuts, almonds, chia seeds, flaxseeds.
  - **Nutrition (per 1 oz/~28 g):**
    - Macadamia: ~2 g protein, 21 g fat, 2 g net carbs, 2 g fiber, ~200 kcal.
    - Chia seeds: ~5 g protein, 9 g fat, 2 g net carbs, 10 g fiber, ~140 kcal.
  - **Tips:** Limit to 1–2 oz/day to avoid carb creep. Use chia for keto puddings.
- **Avocado:**
  - **Nutrition (per ½ avocado, ~70 g):**
    - ~1 g protein, 10 g fat, 2 g net carbs, 5 g fiber, ~110 kcal, ~350 mg potassium.
  - **Tips:** Add to salads or blend into smoothies for creaminess.

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