

FATS

Fats act as a primary source of energy for the body when energy demands are low (i.e. not training or competing). All of the cells in your body are made of fats, your hormones are mostly made from fats, and fats are a great long-term energy source. Fats, and especially good fats, are the glue that holds everything together.

There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats to maintain proper function. Try to minimize bad fats – like the ones found in fried foods.

To be clear: the dietary fat you eat in food isn't automatically made into body fat – they're not the same thing. Good fats from fish, nuts, eggs, etc. are absolutely necessary, and they should be spread throughout your day like protein.

Actionable Goal – aim to consume some 'good fats' with every meal other than your pre/post-workout meals. Those would include:

- **Cooking Oils – olive oil, coconut oil, avocado oil**
- **Nuts – almonds, cashews, walnuts, pecans, nut butters**
- **Seafood – fish, shrimp, shellfish, etc.**
- **Whole Eggs**
- **Avocado**