

# RTB Spa Complete Healthy Fats Guide

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## ESSENTIAL HEALTHY FATS GUIDE

### OMEGA-3 RICH FATS

#### 1. Salmon (4 oz / 113g)

- Total Fat: 13g
- Omega-3: 2,150mg
- Protein: 25g
- Calories: 234
- Vitamin D: 100% DV
- Benefits: Heart health, brain function, inflammation reduction
- Best for: Main protein source, 2-3 times per week

#### 2. Chia Seeds (2 tablespoons)

- Total Fat: 9g
- Omega-3: 4,915mg
- Fiber: 10g
- Protein: 4g
- Calories: 138
- Benefits: Digestive health, sustained energy
- Best for: Smoothies, breakfast bowls

#### 3. Flaxseeds (2 tablespoons, ground)

- Total Fat: 8.5g
- Omega-3: 3,350mg

- Fiber: 6g
- Protein: 3g
- Calories: 110
- Benefits: Hormone balance, digestive health
- Best for: Adding to smoothies, oatmeal

## MONOUNSATURATED FATS

### 4. Avocado (1 medium)

- Total Fat: 21g
- Fiber: 13g
- Potassium: 708mg
- Calories: 240
- Vitamin K: 35% DV
- Benefits: Heart health, skin health
- Best for: Daily use, pre/post workout

### 5. Extra Virgin Olive Oil (1 tablespoon)

- Total Fat: 14g
- Calories: 120
- Vitamin E: 10% DV
- Antioxidants: High
- Benefits: Heart health, anti-inflammatory
- Best for: Cooking, dressings

### 6. Almonds (1 oz, ~23 nuts)

- Total Fat: 14g
- Protein: 6g

- Fiber: 3.5g
- Calories: 164
- Vitamin E: 37% DV
- Benefits: Heart health, blood sugar control
- Best for: Snacking, pre-workout

## HEALTHY SATURATED FATS

### 7. Coconut Oil (1 tablespoon)

- Total Fat: 14g
- MCTs: 7g
- Calories: 120
- Benefits: Quick energy, antimicrobial
- Best for: Cooking, smoothies

### 8. Dark Chocolate (1 oz, 70%+ cacao)

- Total Fat: 12g
- Fiber: 3g
- Iron: 3.3mg
- Calories: 170
- Antioxidants: High
- Benefits: Heart health, mood enhancement
- Best for: Occasional treat

## SEEDS AND NUTS

### 9. Walnuts (1 oz, ~14 halves)

- Total Fat: 18g
- Omega-3: 2,570mg

- Protein: 4g
- Calories: 185
- Benefits: Brain health, heart health
- Best for: Snacking, salad topping

#### 10. Pumpkin Seeds (1 oz)

- Total Fat: 13g
- Protein: 7g
- Iron: 23% DV
- Calories: 158
- Benefits: Immune support, hormone balance
- Best for: Snacking, salad topping

### DAILY RECOMMENDATIONS

#### Total Fat Intake:

- 20-35% of daily calories
- Example for 2000 calorie diet: 44-78g fat

#### Distribution:

- Monounsaturated: 15-20% of calories
- Polyunsaturated: 5-10%
- Saturated: Less than 10%

### TIMING GUIDELINES

#### Pre-Workout:

- Light amounts of easy-to-digest fats
- Example: Small handful of almonds

### Post-Workout:

- Wait 1-2 hours before consuming significant fats
- Focus on omega-3 rich sources

### General Meals:

- Include healthy fats with each meal
- Pair with protein and complex carbs

### PORTION CONTROL TIPS

- Nuts/Seeds: 1 oz (small handful)
- Oils: 1 tablespoon
- Avocado: 1/4 to 1/2
- Fatty fish: 4-6 oz
- Nut butters: 2 tablespoons

### COOKING TIPS

#### 1. High Heat Cooking:

- Avocado oil
- Refined coconut oil

#### 2. Medium Heat:

- Extra virgin olive oil
- Ghee

#### 3. No Heat (Raw):

- Flaxseed oil

- Hemp seed oil

## BENEFITS FOR BODY SCULPTING

### 1. Hormone Support

- Testosterone production
- Growth hormone optimization
- Cortisol regulation

### 2. Recovery

- Reduced inflammation
- Joint health
- Muscle repair

### 3. Energy

- Sustained energy levels
- Mental focus
- Metabolic health

Note: DV = Daily Value based on a 2,000-calorie diet

All values are approximate and may vary by brand and preparation method.

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