

# FOOD BUZZ

## SASHIMI

Lean proteins (like salmon, tuna, amberjack, and mackerel) pack a ton of omega-3s. Add a cup of edamame for 8 extra grams of healthy fat.

## SUNFLOWER SEEDS

Toss a handful on your salad. They're high in protein, and most of the 16 grams of fat is heart-healthy.

## OLIVES

Seven olives have 3 grams of good fat and just 28 calories. Serve with olive oil, crushed garlic, rosemary, and orange peel.

## BUTTER

It's better than margarine, which can have must-avoid trans fats. One tablespoon on a slice of bread is a good limit.

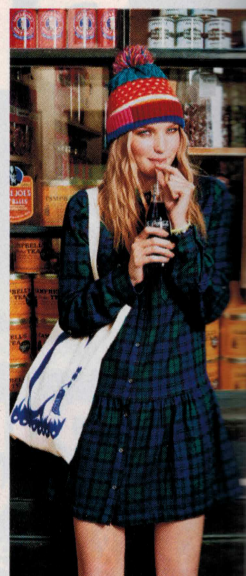
**EGGS** Whites aren't better! Unless you have high cholesterol, eat them whole (up to four per week). The yolk holds the omega-3s.

## NUT BUTTERS

Two tablespoons of unsalted almond butter has 18 grams of good fat. Peanut and cashew spreads also do the trick.

PERCENTAGE OF DAILY CALORIES (MAX) THAT SHOULD COME FROM FAT. AN APP LIKE LOSE IT! OR MYFITNESSPAL CAN HELP YOU KEEP TRACK.

SOURCE: THE MAYO CLINIC



## TOTES NOT WORTH IT

Saving the planet has a slight downside: Customers who bring reusable shopping bags to the market are more likely to buy indulgent, unhealthy foods than shoppers who don't, a new study from researchers at Duke University and Harvard Business School reports. Knowing you did something virtuous may lead you to believe you've earned a reward, the study authors surmise. Great job not polluting, but give yourself a pat on the back, not an entire bag of Milano cookies.

—DANIELLE KAM

# Yes, You Can Eat Fat

Don't ban the F word from your diet. The right kinds (monounsaturated fats and omega-3 fatty acids) can reduce your risk of cancer and obesity, protect your heart, and make you brainier. If you've met your #AvocadoToastGoals for the week, try this other stuff. **BY HELEN ZOOK**