

# HOLY GUACAMOLE



The Holy Guacamole Challenge invites you to eat 10 servings of good fat, also known as unsaturated fat, during the next 30 days. You might have heard in recent studies that it's okay to eat fats again, and the goal of this challenge is to help you fit more good fats into your diet. For this challenge, a good fat is defined as a whole food like avocados, olives, nuts, seeds, or fish. This does not include animal fats (except fish) or oils (even extra virgin olive oil). It's not that oils are unhealthy; they just make it easy to eat too much fat. Note your serving sizes since they're relatively small compared with other foods: 1/3 avocado, 5 olives, 24 almonds, or 4 ounces of raw fish. The goal is to encourage you to eat good foods that you might not normally eat.

To complete this challenge, track eating 10 servings of good fat.

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I've completed the challenge!

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(Print Name)