


<p>The University of Kansas Physicians 4000 Cambridge St., MS 1017 Kansas City, KS 66160</p> <p>INTEGRATIVE MEDICINE</p>	 <p>Do not write in this box</p>	<p>Name: _____</p> <p>DOB: _____</p> <p>MR# _____</p>
---	--	---

Fats and Oils Worksheet

Please indicate how many times **PER WEEK** you eat the following fats/oils.

<p>OMEGA 9 (stabilizers)</p> <p>Approximately 50% of daily fat calories</p> <p>Oleic Fatty Acid</p>	<table border="0"> <tr> <td><input type="checkbox"/> Almond Oil</td> <td><input type="checkbox"/> Olives</td> </tr> <tr> <td><input type="checkbox"/> Almonds/Cashews</td> <td><input type="checkbox"/> Olive Oil</td> </tr> <tr> <td><input type="checkbox"/> Almond Butter</td> <td><input type="checkbox"/> Sesame Seeds/Tahini</td> </tr> <tr> <td><input type="checkbox"/> Avocados</td> <td><input type="checkbox"/> Hummus (Tahini Oil)</td> </tr> <tr> <td><input type="checkbox"/> Peanuts</td> <td><input type="checkbox"/> Macadamia Nuts</td> </tr> <tr> <td><input type="checkbox"/> Peanut Butter (natural/soft)</td> <td><input type="checkbox"/> Pine Nuts</td> </tr> </table>	<input type="checkbox"/> Almond Oil	<input type="checkbox"/> Olives	<input type="checkbox"/> Almonds/Cashews	<input type="checkbox"/> Olive Oil	<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Sesame Seeds/Tahini	<input type="checkbox"/> Avocados	<input type="checkbox"/> Hummus (Tahini Oil)	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Peanut Butter (natural/soft)	<input type="checkbox"/> Pine Nuts		
<input type="checkbox"/> Almond Oil	<input type="checkbox"/> Olives														
<input type="checkbox"/> Almonds/Cashews	<input type="checkbox"/> Olive Oil														
<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Sesame Seeds/Tahini														
<input type="checkbox"/> Avocados	<input type="checkbox"/> Hummus (Tahini Oil)														
<input type="checkbox"/> Peanuts	<input type="checkbox"/> Macadamia Nuts														
<input type="checkbox"/> Peanut Butter (natural/soft)	<input type="checkbox"/> Pine Nuts														
<p>OMEGA 6 (controllers)</p> <p>Essential Fatty Acid Family</p> <p>Approximately 30% of daily fat calories</p> <p>LA → GLA → DGLA → AA</p> <p>(linoleic acid → gamma → linolenic acid → dihomo-gamma-linolenic → acid arachidonic acid)</p>	<table border="0"> <tr> <td><input type="checkbox"/> Eggs (whole), organic (AA)</td> <td><input type="checkbox"/> Evening Primrose (GLA)</td> </tr> <tr> <td><input type="checkbox"/> Meats (commercial) [AA]</td> <td><input type="checkbox"/> Black Currant Oil (GLA)</td> </tr> <tr> <td><input type="checkbox"/> Meats (grass-fed) [AA]</td> <td><input type="checkbox"/> Borage Oil (GLA)</td> </tr> <tr> <td><input type="checkbox"/> Brazil Nuts (raw)</td> <td><input type="checkbox"/> Hemp Oil</td> </tr> <tr> <td><input type="checkbox"/> Pecan (raw)</td> <td><input type="checkbox"/> Grapeseed Oil</td> </tr> <tr> <td><input type="checkbox"/> Hazelnuts/Filberts (raw)</td> <td><input type="checkbox"/> Sunflower Seeds (raw)</td> </tr> <tr> <td><input type="checkbox"/> Hemp Seeds</td> <td><input type="checkbox"/> Pumpkin Seeds (raw)</td> </tr> </table>	<input type="checkbox"/> Eggs (whole), organic (AA)	<input type="checkbox"/> Evening Primrose (GLA)	<input type="checkbox"/> Meats (commercial) [AA]	<input type="checkbox"/> Black Currant Oil (GLA)	<input type="checkbox"/> Meats (grass-fed) [AA]	<input type="checkbox"/> Borage Oil (GLA)	<input type="checkbox"/> Brazil Nuts (raw)	<input type="checkbox"/> Hemp Oil	<input type="checkbox"/> Pecan (raw)	<input type="checkbox"/> Grapeseed Oil	<input type="checkbox"/> Hazelnuts/Filberts (raw)	<input type="checkbox"/> Sunflower Seeds (raw)	<input type="checkbox"/> Hemp Seeds	<input type="checkbox"/> Pumpkin Seeds (raw)
<input type="checkbox"/> Eggs (whole), organic (AA)	<input type="checkbox"/> Evening Primrose (GLA)														
<input type="checkbox"/> Meats (commercial) [AA]	<input type="checkbox"/> Black Currant Oil (GLA)														
<input type="checkbox"/> Meats (grass-fed) [AA]	<input type="checkbox"/> Borage Oil (GLA)														
<input type="checkbox"/> Brazil Nuts (raw)	<input type="checkbox"/> Hemp Oil														
<input type="checkbox"/> Pecan (raw)	<input type="checkbox"/> Grapeseed Oil														
<input type="checkbox"/> Hazelnuts/Filberts (raw)	<input type="checkbox"/> Sunflower Seeds (raw)														
<input type="checkbox"/> Hemp Seeds	<input type="checkbox"/> Pumpkin Seeds (raw)														
<p>OMEGA 3 (fluidity/communicators)</p> <p>Essential Fatty Acid Family</p> <p>Approximately 10% of daily fat calories</p> <p>ALA → EPA → DHA</p> <p>(alpha-linolenic acid → eicosapentaenoic acid → docosahexaenoic acid)</p>	<table border="0"> <tr> <td><input type="checkbox"/> Fish Oil capsule: ↑DHA</td> <td><input type="checkbox"/> Flax Oil (ALA)</td> </tr> <tr> <td><input type="checkbox"/> Fish Oil capsule: ↑EPA</td> <td><input type="checkbox"/> UDO's DHA Oil</td> </tr> <tr> <td><input type="checkbox"/> Fish (salmon/fin-fish) [EPA/DHA]</td> <td><input type="checkbox"/> Algae (ALA)</td> </tr> <tr> <td><input type="checkbox"/> Fish (shellfish) [EPA/DHA]</td> <td><input type="checkbox"/> Greens Powder w/algae (ALA)</td> </tr> <tr> <td><input type="checkbox"/> Flax seeds/meal (ALA)</td> <td><input type="checkbox"/> Chia Seeds (ALA)</td> </tr> </table>	<input type="checkbox"/> Fish Oil capsule: ↑DHA	<input type="checkbox"/> Flax Oil (ALA)	<input type="checkbox"/> Fish Oil capsule: ↑EPA	<input type="checkbox"/> UDO's DHA Oil	<input type="checkbox"/> Fish (salmon/fin-fish) [EPA/DHA]	<input type="checkbox"/> Algae (ALA)	<input type="checkbox"/> Fish (shellfish) [EPA/DHA]	<input type="checkbox"/> Greens Powder w/algae (ALA)	<input type="checkbox"/> Flax seeds/meal (ALA)	<input type="checkbox"/> Chia Seeds (ALA)				
<input type="checkbox"/> Fish Oil capsule: ↑DHA	<input type="checkbox"/> Flax Oil (ALA)														
<input type="checkbox"/> Fish Oil capsule: ↑EPA	<input type="checkbox"/> UDO's DHA Oil														
<input type="checkbox"/> Fish (salmon/fin-fish) [EPA/DHA]	<input type="checkbox"/> Algae (ALA)														
<input type="checkbox"/> Fish (shellfish) [EPA/DHA]	<input type="checkbox"/> Greens Powder w/algae (ALA)														
<input type="checkbox"/> Flax seeds/meal (ALA)	<input type="checkbox"/> Chia Seeds (ALA)														
<p>BENEFICIAL SATURATED (structure)</p> <p>Approximately 10% of daily fat calories</p> <p>Short Chain/Medium-chain Triglycerides</p>	<table border="0"> <tr> <td><input type="checkbox"/> Coconut Oil</td> <td><input type="checkbox"/> Meats, grass-fed</td> </tr> <tr> <td><input type="checkbox"/> Butter, organic</td> <td><input type="checkbox"/> Wild game</td> </tr> <tr> <td><input type="checkbox"/> Ghee (clarified butter)</td> <td><input type="checkbox"/> Poultry, organic</td> </tr> <tr> <td><input type="checkbox"/> Dairy, raw & organic</td> <td><input type="checkbox"/> Eggs, whole organic</td> </tr> </table>	<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Meats, grass-fed	<input type="checkbox"/> Butter, organic	<input type="checkbox"/> Wild game	<input type="checkbox"/> Ghee (clarified butter)	<input type="checkbox"/> Poultry, organic	<input type="checkbox"/> Dairy, raw & organic	<input type="checkbox"/> Eggs, whole organic						
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Meats, grass-fed														
<input type="checkbox"/> Butter, organic	<input type="checkbox"/> Wild game														
<input type="checkbox"/> Ghee (clarified butter)	<input type="checkbox"/> Poultry, organic														
<input type="checkbox"/> Dairy, raw & organic	<input type="checkbox"/> Eggs, whole organic														
<p>DAMAGED FATS/OILS</p> <p>(promoting stress to cells & tissues)</p> <p>Less than 5% of daily fat calories of daily fat calories (try to avoid)</p> <p>Trans Fats Acrylamides Odd-Chain Fatty Acids VLCFA/damaged</p>	<table border="0"> <tr> <td><input type="checkbox"/> Margarine</td> <td><input type="checkbox"/> Doughnuts (fried)</td> </tr> <tr> <td><input type="checkbox"/> Reg. Vegetable oil foods (corn, sunflower, canola)</td> <td><input type="checkbox"/> Deep-fried</td> </tr> <tr> <td><input type="checkbox"/> Mayonnaise (Commercial)</td> <td><input type="checkbox"/> Chips fried in oil</td> </tr> <tr> <td><input type="checkbox"/> Hydrogenated Oil (as an ingredient)</td> <td><input type="checkbox"/> Peanut Butter (Jif[®], etc)</td> </tr> <tr> <td><input type="checkbox"/> "Imitation" Cheeses</td> <td><input type="checkbox"/> Roasted nuts/seeds</td> </tr> <tr> <td><input type="checkbox"/> Tempura</td> <td><input type="checkbox"/> Non-dairy products</td> </tr> </table>	<input type="checkbox"/> Margarine	<input type="checkbox"/> Doughnuts (fried)	<input type="checkbox"/> Reg. Vegetable oil foods (corn, sunflower, canola)	<input type="checkbox"/> Deep-fried	<input type="checkbox"/> Mayonnaise (Commercial)	<input type="checkbox"/> Chips fried in oil	<input type="checkbox"/> Hydrogenated Oil (as an ingredient)	<input type="checkbox"/> Peanut Butter (Jif [®] , etc)	<input type="checkbox"/> "Imitation" Cheeses	<input type="checkbox"/> Roasted nuts/seeds	<input type="checkbox"/> Tempura	<input type="checkbox"/> Non-dairy products		
<input type="checkbox"/> Margarine	<input type="checkbox"/> Doughnuts (fried)														
<input type="checkbox"/> Reg. Vegetable oil foods (corn, sunflower, canola)	<input type="checkbox"/> Deep-fried														
<input type="checkbox"/> Mayonnaise (Commercial)	<input type="checkbox"/> Chips fried in oil														
<input type="checkbox"/> Hydrogenated Oil (as an ingredient)	<input type="checkbox"/> Peanut Butter (Jif [®] , etc)														
<input type="checkbox"/> "Imitation" Cheeses	<input type="checkbox"/> Roasted nuts/seeds														
<input type="checkbox"/> Tempura	<input type="checkbox"/> Non-dairy products														

Reviewed by _____ Date/Time _____