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Fats:

The Steady Fuel

Healthy fats are your body’s slow-burning logs, keeping energy consistent and helping you absorb key vitamins. They cushion your cells, support hormones, and create meals that feel satisfying instead of spiky. When you bring healthy fats onto your plate, you naturally smooth out hunger and prevent the “crash and crave” cycle that comes from low-fat eating.

Healthy Fats = omega-3s, avocado, olive oil, nuts.

01

Mini Teaching

Fats help absorb vitamins A, D, E, K and stabilize energy.

02

Example

If carbs are kindling, fats are slow logs keeping the fire glowing.

03

Try This Today

Add a spoon of nut butter or olive oil drizzle to your meal — watch hunger stay quiet.

Check us out online:

<http://healthyuacademy.com>

Select a plan:

<https://tinyurl.com/healthyu-amaze>

