

# REPLACE BAD FATS WITH GOOD ONES



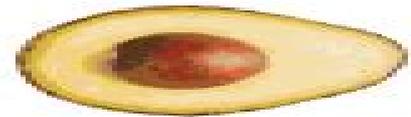
Butter  
(for sauteing)



Olive Oil



Butter  
(for baking)



Avocado



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Tofu



Processed Food



Nuts

# Fat Content Of Food

**Michal Rosen-Zvi**



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web feb 21 2021 certainement l'un des plats coréens les plus connus en france et en europe le bibimbap il s'agit d'un grand bol décomposé en plusieurs compartiments d'ingrédients on y trouve des légumes sautés des algues des pousses de soja du kimchi des champignons parfois des carottes des courgettes ou du lotus