





Guide Best Oils



FAT FACT

- Ideally, it is best to get your fat from a variety of sources.
- Choose unrefined cold pressed oils when you can.
- Using the right fats in moderation is healthy for you!





	WHAT TO LOOK FOR	BENEFIT	SMOKE POINT	USE
OLIVE OIL 	Extra Virgin cold pressed Should contain a certification seal.	This should be your staple oil. <ul style="list-style-type: none"> • High in monounsaturated fats. • High in anti-oxidants. • Protective against heart disease. 	325-375°F (163-190°C) *actually found to be highly stable under high heat cooking despite lower smoke point	sautéing, stir-frying, grilling, roasting, baking, dressings, sauces
AVOCADO OIL 	Unrefined/virgin cold pressed For frying use refined for a higher smoke point.	Good runner up to olive oil for multi-purpose cooking. <ul style="list-style-type: none"> • High in oleic acid, a healthy fat. • High in anti-oxidants. • Benefits heart health 	375°F (190°C) Refined=520°F (270°C)	sautéing, grilling roasting, baking, searing, stir-frying, dressings, sauces
COCONUT OIL 	Unrefined/virgin cold pressed *Avoid refined coconut oil	<ul style="list-style-type: none"> • High in lauric acid and includes medium chain triglycerides (MCT) making it a unique saturated fat. • Acts as a natural anti-microbial • Can potentially raise HDL "good" cholesterol. 	350°F (177°C) *actually found to be highly stable under high heat cooking despite lower smoke point	sautéing, stir-frying, baking, added to smoothies (Can sub for butter in recipes)
SESAME OIL 	Unrefined cold pressed For frying use refined for a higher smoke point.	<ul style="list-style-type: none"> • High in anti-oxidants including vitamin E. • Contains a balanced ratio of omega-3, omega-6, and omega-9 fatty acids. • Can benefit heart health • May help with inflammation. 	350°F (177°C) Refined=450°F (232°C)	sautéing, baking, dressings, sauces Toasted sesame oil: darker in color with more flavor. Used in condiments, dipping sauces, or drizzled over cooked vegetables/meats for added flavor.

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FATS TO AVOID

Trans-fat
Hydrogenated oils
Palm oil
Vegetable oil
Lard
Shortening
Margarine

	WHAT TO LOOK FOR	BENEFIT	SMOKE POINT	USE
SAFFLOWER OIL* 	High-oleic expeller pressed *Typically a more refined oil	<ul style="list-style-type: none"> High in mono-unsaturated fats. Good for high heat, deep frying stable for long shelf life without trans fats. 	440°F (227°C)	Found in many pre-packaged foods Deep frying, high heat cooking
WALNUT OIL 	Unrefined cold pressed	<ul style="list-style-type: none"> Good source of ALA omega-3 fatty acids High in anti-oxidants including vitamin E. May help with inflammation. 	320°F (160°C)	Best used uncooked in sauces and dressings. Keep refrigerated after opening.
FLAXSEED OIL 	Organic cold pressed Regular Not high-lignan Use in small amounts (May decrease blood clotting and lower blood pressure and blood sugar.)	<ul style="list-style-type: none"> Good source of ALA omega-3 fatty acids May help with inflammation. May benefit digestion, improving constipation and diarrhea symptoms. 	225°F (107°C)	Best used uncooked in sauces and dressings, added to smoothies. Keep refrigerated after opening.
CANOLA OIL* 	*Make sure it's organic expeller pressed Most Canola oil is GMO and highly refined using heat and chemicals.	<ul style="list-style-type: none"> High in omega-3 fatty acid alpha-linolenic acid and monounsaturated fat. Can be heart healthy when replacing saturated fats. 	400°F (204°C)	sautéing, stir-frying, grilling, roasting, baking, dressings, sauces