

Fats & Oils Guide





Fats can go rancid when exposed to heat, air and light. The more saturated a fat is, the less likely it is to be damaged - so always choose stable, saturated fats for cooking. Smoke point is secondary to how a fat was processed when extracted from its source.

STABLE FATS:

Contain a higher ratio of saturated fatty acids. Best for medium to high heat cooking.

ANIMAL FATS

BUTTER

GHEE (CLARIFIED BUTTER)

PORK LARD

BEEF TALLOW

DUCK AND GOOSE FAT

CHICKEN FAT

PLANT-BASED

COCONUT OIL

RED PALM OIL (SUSTAINABLY SOURCED)

MONOUNSATURATED OILS:

Contain a higher ratio of monounsaturated fatty acids. Best for cold uses or very low heat. Always store in an opaque glass bottle.

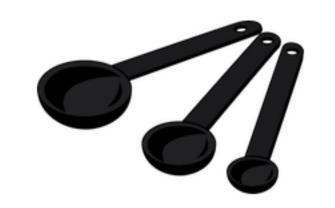
OLIVE OIL
AVOCADO OIL
MACADAMIA NUT OIL
HAZELNUT OIL
ALMOND OIL



POLYUNSATURATED OILS:*

Contain a higher ratio of polyunsaturated fatty acids. Always store in the fridge in an opaque glass bottle and never expose to heat.

SESAME OIL
WALNUT OIL
RICE BRAN OIL
FLAX SEED OIL



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AVOID:

Industrialized oils go through a high-heat processesing, and are high in Omega-6 which can promote inflammation.

CANOLA OIL
SOYBEAN OIL
COTTONSEED OIL
CORN OIL
VEGETABLE OIL
GRAPESEED OIL
SUNFLOWER OIL
SAFFLOWER OIL
SESAME OIL*
PEANUT OIL
RICE BRAN OIL*



VEGETABLE OIL "SPREADS"

RUN AWAY:

PALM KERNEL OIL

Man-made (trans) fats cause systemic inflammation, which increases your risk of experiencing all modern diseases.

MARGARINE
VEGETABLE SHORTENING
PARTIALLY HYDROGENATED (OR)
HYDROGENATED OIL
HIGH STEARATE (OR)
STEARIC RICH FATS

HOW TO CHOOSE THE RIGHT FATS & OILS:

FATS: Choose animal fats from pasture-raised or grass-fed sources.

Choose plant-based fats that are cold-pressed or virgin.

OILS: Always choose extra virgin or cold-pressed oils from organic (non-GMO) sources. Avoid industrialized oils that are exposed to high-heat processing., or have been turned into a trans fats.

*Always choose cold-pressed and organic polyunsaturated oils. Consume sparingly.

