



Fats & Oils Guide

Which fats and oils are good to cook with & consume



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.

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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



AVOID:

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

- CANOLA OIL
- SOYBEAN OIL
- COTTONSEED OIL
- CORN OIL
- VEGETABLE OIL
- GRAPSEED OIL
- SUNFLOWER OIL
- SAFFLOWER OIL
- SESAME OIL*
- PEANUT OIL
- RICE BRAN OIL*
- PALM KERNEL OIL
- VEGETABLE OIL "SPREADS"



**OK in small doses when organic and cold-pressed.*

RUN AWAY:

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.*

→ **Learn more about fats and oils at coconutsandkettlebells.com**