

Kitchen Guide to Fats and Oils

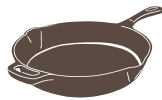
Best for High Heat

Saturated Fats

Most stable fats, will not oxidize under high heat.

Animal Fats (from grass-fed/pastured animals):

Beef/lamb tallow
Butter
Chicken fat
Ghee (clarified butter)
Goose and duck fat
Lard (not kosher)



Plant-based:

Coconut oil
Palm oil (sustainably sourced)

Best Unheated or low heat

Monounsaturated Fats

Moderately stable.

Avocado oil
Macadamia nut oil
Olive oil
Sesame oil



Do Not Heat

Polyunsaturated Fats

Least stable fat. Damaged by heat.
Consume in limited amounts.

Flaxseed oil
Nut oils



Avoid

Artificial Trans Fats

Promotes systemic inflammation. Increases risk of obesity, heart disease and cancer.

Hydrogenated or partially hydrogenated oils
Margarine
Vegetable Shortening

Vegetable Oils

Highly processed polyunsaturated fats.
Pro-inflammatory, impairs proper cell function.
Many of these are also Genetically Modified.

Canola oil
Corn oil
Cottonseed oil
Grape-seed oil
Safflower oil
Soybean oil
Sunflower oil
Vegetable oil



Other Oils

Highly processed fats.
Pro-inflammatory, impairs proper cell function.

Peanut oil
Rice bran oil
"Trans-fat free" buttery spreads