

COOKING OILS

Cheat Sheet

BURNING POINT



High Heat



Medium Heat



Low Heat



No Heat

USES

Deep Fry

Stir Fry

Baking

Dressings:

OIL TYPE

Key: **Healthiest Choice** **Least Healthy**

Avocado, Peanut, Rice Bran Oil, **Sunflower**, **Safflower**, Palm Kernel

Almond, **Canola**, **Corn**, Grapeseed, **Olive**, Safflower, Sesame, **Shortening**, Sunflower, **Soybean**, Vegetable

Coconut, **Olive**, Butter, **Margarine**, Hemp, **Shortening**, **Vegetable**

Unrefined Olive, **Flax**, Walnut, Pumpkin Seed, Hazelnut

Cooking food in oil beyond the burning points will decrease the nutritional value and flavor of the oil. It also creates toxic fumes causing the oil to oxidate and form harmful free radicals.



Healthiest BEST CHOICE

Unrefined Organic Coconut Oil — A medium-chain triglyceride, derived from the meat of the coconut palm. Slow to oxidize.

It contains healthy components of lauric acid, capric acid and caprylic acid. Coconut oil has anti-fungal, anti-viral, and anti-bacterial health-protecting properties.

Great for weight loss, skin care, preventing heart disease, a digestive aid and is an immunity booster.

Healthiest choice are oils are higher in Omega-3 fatty acids which promote healthy cells, are anti-inflammatory and can decrease stroke and heart attack risks.

Olive Oil has been a staple of the Mediterranean diet and some of the world's healthiest, longest-living people for centuries. High in Omega-3.

Unrefined-Unfiltered, Cold pressed, Extra Virgin is the most beneficial.

Extra Virgin Olive Oil is rich in powerful antioxidant polyphenols, vitamin E and alpha-linolenic acid (ALA). EVOO has positive effects on inflammation and hypertension, while promoting cardiovascular health and supporting antimicrobial activity.

Olive oil contains mono-unsaturated fatty acid -Oleic acid and is heart-healthy helps to fight free radical damage.

Not all are olive oils are created equal.

Many grocery store brands of olive oil (especially light olive oils) are not pure and have some other lesser unhealthy grade oils mixed in.



Unhealthy NOT RECOMMENDED FOR OPTIMUM HEALTH

Limit your consumption or stay away from these potentially harmful oils.

Hydrogenated Oils • Refined • Deodorized • Bleached

Most likely Genetically Modified (GMO) with Environmental Concerns. High in Saturated Fats or Trans Fats.

The excessive consumption of trans fats can increase one's risk of coronary heart disease by raising levels of "bad" LDL cholesterol and lowering levels of "good" HDL cholesterol.

Trans fats from partially hydrogenated oils are more harmful than naturally occurring oils. Corn, canola, and soybean oils are high in Omega-6 fatty acids. Our bodies need Omega-6 but too much can increase inflammation in the body. Canola oil is extracted by the use of a high temperature process using hexane gas. Minute amounts of the dangerous byproduct appears in cooking oils.



THE AMERICAN HEART ASSOCIATION (AHA) RECOMMENDS LIMITING THE INTAKE OF TRANS FATS.

- Do not use any oil that has changed color or has a bad smell
- Some need refrigeration
- Never keep oils near heat
- Store in a dark cool area

Resources for information on this infographic

<https://health.clevelandclinic.org/2014/10/heart-healthy-cooking-oils-101>

<http://www.webmd.com/food-recipes/m-quiz-fats-and-oils>

<https://draxe.com/olive-oil-benefits/>

<https://jonbarron.org/article/fats-and-oils-made-simple>

© Moonflower Studio