



## BEST TEMPERATURE & USES FOR COOKING OILS

Oils, which are considered fats, are made from seeds or nuts using an extraction and pressing process. One of the most important factors in choosing an oil is its smoke/ burning point. Smoking oil is a sign that your oil is breaking down, which releases carcinogens into the air and free radicals that harm the body. The guide below demonstrates the heat at which common cooking oils perform best.

### Oil Heat

#### **High Heat**

- Avocado Oil
- Safflower Oil
- Sunflower Oil
- Sesame Oil

#### **Medium High Heat**

- Canola Oil
- Grapeseed Oil
- Coconut Oil
- Walnut Oil

#### **Medium Heat**

- Unrefined Sesame Oil
- Unrefined Olive Oil
- Unrefined Coconut Oil
- Unrefined Peanut Oil

#### **No Heat**

- Unrefined Flax Oil
- Wheat Germ
- Evening Primrose

### Other Cooking Oil Characteristics

Beyond smoke point, you also want to keep these characteristics in mind:

**Flavorful vs neutral oil** - if you are making a salad or low-heat dish, you can experiment with non-neutral oils (i.e. sesame or virgin coconut oil) to adjust to your taste preference. In cases where you don't want to muddle with the flavors of the dish, opt for neutral oils (i.e. vegetable or canola oil)

**Unrefined vs refined oil** - unrefined oils are left in their natural state and retain flavor, beneficial nutrients, minerals and enzymes. They have lower smoke points and go bad quicker. These are good for low-heat cooking, salad dressings, or finishing drizzles. Refined oils are thoroughly processed, resulting in neutral flavor, higher smoke point, and longer shelf life.

**Omega-6 vs Omega-3 fatty acids** - Omega-3 fats are healthier for the body. Oils that are high in Omega-3's include avocado and extra virgin olive oil. On the other hand, Omega-6 fats can cause inflammation in the body. Oils that are high in Omega-6 include canola oil and safflower oil.

**Saturated vs unsaturated fats** - In general, oils that are liquid at room temperature contain more unsaturated fats, which are healthier for the body compared to saturated fats (i.e. butter).