

Fat & Oil Guide

HIGH HEAT



SATURATED
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SOLID
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SAFE TO HEAT

- coconut oil
- butter & ghee
- red palm oil
- duck fat
- goose fat
- lard
- beef tallow
- lamb tallow

LOW HEAT



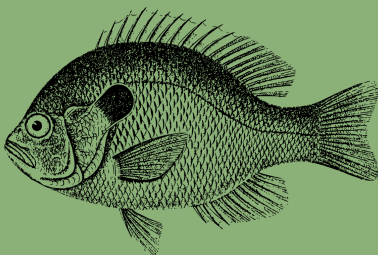
MONOUNSATURATED
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MODERATE HEAT

- olive oil*
- avocado oil*

**if quality, can handle higher heat because of protective polyphenol content*

- sesame oil
- macadamia oil

DO NOT HEAT



POLYUNSATURATED
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PROTECT FRAGILITY

- almond oil
- flaxseed oil
- pumpkin seed oil
- grapeseed oil
- hemp oil
- walnut oil
- fish & cod liver oil
- any omegas

DO NOT EAT



DAMAGED
INFLAMMATORY
RANCID
TOXIC

- canola oil
- corn oil
- soybean oil
- rapeseed oil
- sunflower oil
- safflower oil
- vegetable oil
- hydrogenated oils