

## Know Your Cooking Fats

Safest for Cooking (stable under high heat, don't degrade or go rancid easily)

Beef Tallow

Ghee

Chicken Fat

Goose Fat

Duck Fat

Coconut Oil

Lamb Tallow

Lard

Red Palm Oil

*These oils are best for frying, baking, broiling, and roasting. Organic is best. Butter is also safe for baking.*

Safer for Cooking

Avocado Oil

Butter

Macadamia Nut Oil

Olive Oil

Peanut Oil

Sesame Oil

*These oils are best for quick stir-frying and light sautéing, Best when cold extracted and expeller-pressed.*

Unsafe for Cooking

Almond Oil

Black Currant Seed

Evening Primrose

Flax Oil

Pumpkin Seed Oil

Grapeseed Oil

Hemp Oil

Pine Nut Oil

Hazelnut Oil

Walnut Oil

Rice Bran Oil

Safflower/Sunflower Oil

*Do not heat these oils. They are best if raw and unprocessed.*

Unsafe (don't consume)

Canola Oil/Rapeseed Oil

Corn Oil

Cottonseed Oil

Soybean/Vegetable Oil

Vegetable Shortening (Crisco)

Partially Hydrogenated Fats/Oils (all)

*These oils are often from genetically modified seed; contain high levels of pesticides; are heated and extracted with toxic chemicals.*