

# fats & oils

cleaning up your diet by using the right fats & oils is essential to improving your health

## WHICH TO EAT

### SATURATED IDEAL FOR HOT USES

**PLANT SOURCES** *organic, unrefined forms are ideal*

- coconut oil
- palm oil *from sustainable sources*

**ANIMAL SOURCES** *pasture-raised/grass-fed & organic sources are ideal*

- butter, ghee/clarified butter
- duck fat
- lamb fat
- lard
- schmaltz (chicken fat)
- tallow

### UNSATURATED IDEAL FOR COLD USES

*organic, extra-virgin, & cold-pressed forms are ideal*

- avocado oil
- nut oils (walnut, pecan, macadamia)
- olive oil
- sesame oil
- nuts & seeds (including nut & seed butters)
- flaxseed oil (higher in polyunsaturated fatty acids, so consume in extremely limited amounts)

Note: Unsaturated fats—often called oils as listed above—are typically liquid at room temperature and are easily damaged (oxidized) when heat is applied to them. You do not want to consume damaged fats; therefore, cooking in these fats is not recommended.

## WHICH TO DITCH

### SATURATED

*Man-made fats are never healthy. Trans fats are particularly harmful.* “Buttery spreads,” including oil blends like Earth Balance, Benecol, and I Can’t Believe It’s Not Butter  
 hydrogenated or partially hydrogenated oils  
 margarine

### UNSATURATED

*These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat. Consuming oxidized oils is never healthy.*

- canola oil (rapeseed oil)
- corn oil
- grapeseed oil
- rice bran oil
- safflower oil
- soybean oil
- sunflower oil
- vegetable oil

For more detailed information on the fatty acid profiles of fats & oils, check out my book *Practical Paleo*.

## CHOOSING COOKING FATS

*listed in order of most stable to least stable for cooking*

The fats and oils are ranked below based on the following criteria:

1. how they’re made—choose naturally occurring, minimally processed options first;
2. their fatty acid composition—the more saturated they are, the more stable and less likely to be damaged or oxidized they are;
3. smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

### VERY STABLE—IDEAL FOR COOKING

- coconut oil
- butter/ghee
- cocoa butter
- tallow/suet (beef fat)
- palm oil *from sustainable sources*
- lard/bacon fat (pork fat)
- duck fat

### MODERATELY STABLE—BEST COLD

- avocado oil\*
- macadamia nut oil\*
- olive oil\*
- rice bran oil\*

### LEAST STABLE—NOT RECOMMENDED

- safflower oil\*\*
- sesame seed oil\*\*
- canola oil\*\*
- sunflower oil\*\*
- vegetable shortening\*\*
- corn oil\*\*
- soybean oil\*\*
- walnut oil\*
- grapeseed oil\*\*

\*While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed, for flavor.

\*\*These oils are not recommended for consumption, whether hot or cold, but are listed here for your reference, as they are commonly used.