

# COOKING FATS

1



- Oxidation (rancidity) – Forms free radicals which damage tissues, cells, & DNA.
- Oxidation is caused by heat, light and/or contamination of the fats.
- Damage can happen based on the quality of the product, during processing, storage and when it hits your frying pan.
- Buy organic when possible to avoid contamination of the fats, especially animal products
- See recommended fats, organized by heat sensitivity, in the table below.

## High heat cooking

- Avocado oil
- Coconut oil (refined)
- Rice Bran oil
- Clarified Butter / Ghee
- Refined Sesame oil
- Sunflower oil

## Med temp fats (sautéing, baking)

- Butter
- Coconut oil (virgin)
- Olive oil
- Lard / Animal Fat

## Low temp fats (finishing oil)

- Olive oil (extra virgin)
- Unrefined Nut oils
- Flax seed oil
- Hemp seed oil
- Walnut oil