

Which type of oil is best and healthiest?

Most oils have a different ratio of saturated, monounsaturated, and polyunsaturated fats.

Saturated fats are solid at room temperature and very stable. They resist oxidation and are good for high temperature cooking.

These got a bad rap because they were linked to cardiovascular disease and atherosclerosis (heart attacks) but more recent research has uncovered that it's more complex than previously thought and fine to enjoy in moderation. Excessive consumption can lead to a raise in cholesterol and potentially blocked arteries.

This is mostly commonly found in coconut oil, animal meat and whole milk dairy products.

The health benefits attributed to coconut oil are from the medium chain triglycerides (MCT). This is what raises the good HDL cholesterol and what sets coconut oil apart from the saturated fats in meat or dairy.

Monounsaturated fats are liquid at room temperature while also being stable to some higher heat cooking. Common sources are olive oil and avocado oil.

Polyunsaturated fats are least stable and shouldn't be used for high heat cooking.

These can help to reduce blood pressure, raise HDL (good cholesterol), and lower triglycerides if eaten in proper combination (of omega ratio) while avoiding oxidation from the cooking process.

Omegas 3, 6, 9 are all found in polyunsaturated fats and essential to helping the body inflame upon sites of infection and reduce inflammation when needed. They can only do their jobs if they are consumed in the proper ratio.

Which oils do I use for different types of cooking?

BEST FOR ALL COOKING OCCASIONS!

Stock these oils and you'll be covered!

Oil	Maximum Heat Level	Notes
Avocado Oil	High heat	Neutral flavor. Good for searing meats.
Coconut, refined	Medium-High heat	Neutral flavor, great for baking
Olive (extra virgin), unrefined	Medium heat	Wide range of flavors. Perfect for salads and dips.

BEST FOR NO HEAT COOKING

examples of cooking techniques: finishing oils, salad dressing.

Flaxseed Oil	No heat, only raw	Full of omega-3s, great health qualities
Walnut oil	No heat, only raw	Big nutty flavor, high in omega-3s

BEST FOR LOW TO MEDIUM HEAT COOKING

examples of cooking techniques: low and slow roasts.

Coconut, virgin (unrefined)	Up to 350F (177C)	Mild coconut flavor, good for baking and soups
Butter	Up to 250F (120C)	

BEST FOR MEDIUM TO HIGH

examples of cooking techniques: sauteing.

Olive oil (extra virgin), unrefined	Up to 350F (177C)
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BEST FOR HIGH TEMP

examples of cooking techniques: searing and roasting.

Avocado oil	Up to 520F (271C)
Ghee	Up to 485F (252C)
Coconut, refined	Up to 350F (177C)

Which oils should I avoid?

Canola, Sunflower, Safflower, Grapeseed, Soybean oil, Rice bran oil, Corn oil, Cottonseed oil.

These oils are found in fast foods, convenience foods, processed foods AND a lot of foods marketed as “health foods” and products.

- All of these industrial seed and vegetable oils are highly processed, refined products that are way too rich in Omega-6 fatty acids. Omega 6 causes the inflammatory response in your body.
- One study also looked at common vegetable oils on food shelves in the U.S. market and discovered that they contain between 0.56 to 4.2% trans fats, which are highly toxic. There has also been a direct correlation to belly fat in recent studies.
- Most of the time these oils are blends and/or solvent extracted.
- These oils were not a part of our diets until the early 1900's. Within 50 yrs it became a normal part of diet and cardiovascular disease became a normal part of our health decline.
- Hydrogenated oils are terrible for cholesterol - if you see this on a label, avoid.
- The FDA has banned partially hydrogenated vegetable oil starting January 1, 2021.

Terms to know

Pressed vs. Chemically Extracted

The healthier choice are oils pressed mechanically from seed (expeller pressed or cold-pressed). By contrast, mass-market brands and hard seeds are chemically treated before being pressed, or are extracted by hexane and then go through harsh treatment to remove the chemical solvent, like more chemicals and very high heat. The result is inferior taste, fragrance, appearance, and nutritional quality.

Refined is a natural way of giving oils a higher smoke point, and done to monounsaturated oil varieties.

Storing

Air, heat, and light cause oxidation. Rancid oils fats may promote disease and cancer.

Unrefined vs. Refined

Unrefined is generally less suited to high heat and has more nutrition and flavor. Best for eating raw.

Vegetable Oils

Vegetable oil is a blend of various oils you see on the shelf, usually mostly GMO soy oil. Best to avoid these as they cause inflammation in the body. Canola oil from the US is 90% GMO, and it undergoes more processing and chemical warfare during extraction than other high heat oils.

Why do I need oils & fats?

Our bodies need a variety of healthy fats found naturally in different oils for good health.

In fact you need healthy fats for:

- Absorbing vitamins and minerals from your food
- Helping your body protect cells and build cellular membranes
- Reducing inflammation
- Concentrated source of energy