



FAT FACTS

Know your Fats



Safest for Cooking

BEEF TALLOW, GHEE, CHICKEN FAT
GOOSE FAT, DUCK FAT, LAMB TALLOW
LARD, RED PALM OIL, COCONUT 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 sauteing.
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 for cooking. They are best if raw and
unprocessed.

Unsafe (Do Not Consume)

CANOLA OIL/RAPESEED OIL, CORN OIL, COTTONSEED OIL,
SOYBEAN/VEGETABLE OIL, VEGETABLE SHORTENING, PARTIALLY
HYDROGENATED FATS/OIL (ALL)

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