

# Your Guide To Fats and Oils

By Danna Levy Hoffmann

# Let's dig in!

There are two ways to cook your food. One would be with stable fats which will help cook your food in a healthy way, or with unstable fats which destroy the health properties of your food, which are highly inflammable to your body and will definitely not contribute to balancing your weight. Do you know which is which?



# Oils to avoid when possible:

- Soybean oil
- Canola oil (rapeseed/rapsöl)
- Peanut oil
- Corn oil
- Sunflower oil
- Palm oil
- Cottonseed oil
- Vegetable shortening
- Safflower oil
- Grapeseed oil

Vegetable oils are all highly processed and rich in omega 6 fatty acids. Both omega-6s and omega-3s play crucial roles throughout our body including: growth and development, brain functioning, skin health, hair growth, metabolism, reproductive system health and cell membrane integrity.

While we're supposed to get a ratio of 1:1 omega 3 to omega 6 fatty acids, in today's diet we're getting anywhere from 10 to 20 times more omega 6 fatty acids, and those are actually coming from highly processed oils. This is the reason we're prone to inflammations, obesity, chronic illnesses more than ever before.

---

# Healthy Fats & Oils



Fat/Oil	Smoke Point	Best To Use	Notes
<b>Avocado Oil</b>	270°C	High heat cooking, low heat cooking, frying, dressings, finishing	Unfortunately it has been found that some of the cheaper avocado oils on the market are mixed with (or even totally replaced with) unhealthy oils such as sunflower or rapeseed. Avocado oil should be dark green in color. It's best to go for the more pricey ones available.
<b>Ghee</b>	245°C	High heat cooking, baking, frying	Rich in vitamins A, D and E. Has a very distinct flavor and smell. I find it works best with meat and starchy veggies.
<b>Virgin Coconut Oil</b>	230°C	High-heat cooking, sautéing, baking	Almost completely saturated fat, has been linked with reductions in cholesterol, increase of energy, and healthy digestion. Avoid the refined ones that don't taste or smell like coconut. Those have gone through a few process levels including getting deodorized and bleached.

# Healthy Fats & Oils



Fat/Oil	Smoke Point	Best To Use	Notes
<b>Macadamia nut oil</b>	210°C	Low-heat cooking, dressing, finishing	A great source of fat, high in antioxidants. I often use it as a finishing oil since it's pretty pricey. It adds a great flavor to salads or finishing meals.
<b>Extra Virgin Olive Oil</b>	160°C	Low-heat cooking, dressing, finishing	Unfortunately just like avocado oil, olive oils have been found to be watered down with other cheaper oils. When shopping for EVOO, make sure to search for a single source (one country of origin), cold-pressed or expeller-pressed, sold in a dark glass. Don't go for the cheaper options.
<b>Red Palm Oil (Not palm kernel!)</b>	235°C	High heat cooking, low heat cooking, dressings, finishing	High in saturated fat, very stable for cooking. Has very similar health benefits as olive oil but can take more heat.

# Healthy Fats & Oils



Fat/Oil	Smoke Point	Best To Use	Notes
<b>Almond Oil</b>	255°C	High heat cooking, baking, frying	this oil is full of great healthy fats, high on omega-3 fatty acids, and can be used for both cooking and desserts for extra flavor.
<b>Unrefined Sesame Seed Oil</b>	210°C	Low heat cooking, dressings, finishing	Sesame oil has a high antioxidant Content. It's one of the more stable oils to use. A study published in Life Sciences 2006 even found that sesame increases the antioxidant capacity of the brain in mice. Make sure to get unrefined oil.
<b>Toasted Sesame Seed Oil</b>	_____	Dressings, finishing	Tastes just like it sounds - Delicious! Best to add after the food is cooked, to give it that extra lovely depth of flavor. A little goes a long way!
<b>Tallow (Beef Fat)</b>	205°C	High-heat cooking, frying	As long as you get a grass fed, organic product, this fat is great for cooking. I find it works best with meat and starchy veggies.

# Healthy Fats & Oils



Fat/Oil	Smoke Point	Best To Use	Notes
<b>Walnut oil</b>	200°C	Low heat cooking, frying, dressings, finishing	A great oil, full of omega 3 fatty acids. Has a hint of walnut flavor, great for all types of cooking, baking or for cold salads and dressings.
<b>Hemp Oil</b>	_____	Dressing, finishing	This oil contains all of the essential amino acids and is full of healthy fatty acids. Although it's not good for cooking, it's great for salads, dressings, and so on.
<b>Flaxseed Oil</b>	_____	Dressing, finishing	I remember my mom giving this oil to me every single morning when I was a young child. Flaxseed oil is a great source of omega 3 fatty acids, and my mother swears it turned me from a sickly child to a healthy one :)

# Healthy Fats & Oils



Fat/Oil	Smoke Point	Best To Use	Notes
<b>Hazelnut Oil</b>	_____	Dressing, finishing	Holds healthy monounsaturated fats and vitamin E. Gives a lovely flavor to cooked grains, oatmeal, veggies or a healthy pasta.
<b>Pumpkin seed oil</b>	_____	Dressing, finishing	Nutrient dense and gives a very specific flavor to your soups, salads and more. It's great for prostate health, aids in lowering inflammation, and is great for both brain and heart health.



# Things to consider when buying & storing

Fats and oils can become damaged if there is contact with light, heat, air, or plastics. Most of the oils sold in stores are poorly packaged. This increases the risk that the fat will be damaged before you even consume it. Follow these simple rules in order to maximize the health benefits of fats and oils you buy and use.

- Go for oils that are packaged in dark glass bottles, rather than plastic.
  - Make sure the oils that are packaged in containers with a tight-fitting seal.
  - Keep your fats and oils stored away from the stove and other heat sources. Best in a dark cupboard, with no natural light or heat.
  - Try not to pour oils directly into the pan from the bottle or container. The heat or steam from the pan might damage the oil in the bottle, ruining the whole container.
-