**Making Good Fat Choices**

**Good Fats for Cooking**

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| Low­-Heat Sautéing or Roasting under 350°F | Low- to Moderate-Heat Sautéing or Roasting at 350°- 375°F | High-Heat Stir frying or Roasting at 400° - 425° F | High-Heat Pan Searing |
| Butter\* | Extra-virgin olive oil\*\*  Coconut oil  Duck fat  Cocoa butter | Avocado oil\*\*  Macadamia nut oil\*\*  Tea seed oil (organic)  Bacon or pork fat/lard\*  Beef fat/tallow\* | Ghee\* |

\*From organic, grass-fed animals only

\*\*Also great choices for dressing vegetables or salads

*These fats either are high in saturated fat or contain a combination of mostly monounsaturated and saturated fat. They are relatively stable to heat, depending on their smoke point. Direct heat on a stovetop is hotter than indirect heat in an oven. If the fat smokes when you heat it, you have gone past the smoke point, damaging the fat and creating dangerous chemicals.*

**Good Fats for Eating/Dressing Vegetables or Salads but NOT for Cooking**

* Sesame seed oil, refined or toasted
* Walnut oil
* Almond oil
* Grape seed oil (organic and cold-pressed only)
* Flaxseed oil
* Hemp seed oil

*These fats contain both monounsaturated and polyunsaturated fat. They are easily damaged by heat that oxidizes the fragile fats to create free radicals.*

**Avoid These Oils**

* Safflower oil
* Canola oil
* Sunflower oil
* Corn oil
* Soybean oil
* Vegetable shortening

*These oils are high in omega-6 polyunsaturated fatty acids, are often GMO, and/or are processed using chemicals and heat that oxidizes the fragile fats to create free radicals. Shortening is further processed to become a trans fat.*

**Further Reading**

[*http://www.marksdailyapple.com/defending-olive-oils-reputation/#axzz4HjIo4NNy*](http://www.marksdailyapple.com/defending-olive-oils-reputation/#axzz4HjIo4NNy)

<http://www.cavemandoctor.com/2012/05/27/checking-your-oil-the-definitive-guide-to-cooking-with-fat/>