

# guide to: cooking fats

Choose fats and oils based on: 1. How they're made—choose naturally occurring, minimally processed options first; 2. Their fatty acid composition—the more saturated they are, the more stable/less likely to be damaged or oxidized; 3. Smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

culinary whizzes, listen up: COOK WITH GOOD FATS!

ITEM NAME	% SFA	%MUFA	% PUFA	SMOKE POINT UNREFINED/REFINED
<b>best bets - recommended for high-heat cooking THE MOST STABLE FATS</b>				
Coconut oil	86	6	2	350/450
Butter/ghee	63	26	.03	300/480
Cocoa butter	60	35	5	370
Tallow/suet (beef fat)	55	34	.03	400
Palm oil	54	42	.10	455
Lard/bacon fat (pork fat)	39	45	11	375
Duck fat	37	50	13	375
<b>okay - for very low-heat cooking MODERATELY STABLE FATS</b>				
Avocado oil*	20	70	10	520
Macadamia nut oil*	16	80	4	410
Olive oil*	14	73	11	375
Peanut oil**	17	46	32	320/450
Rice Bran Oil**	25	38	37	415
<b>not recommended for cooking VERY UNSTABLE FATS</b>				
Safflower oil**	8	76	13	225/510
Sesame seed oil*	14	40	46	450
Canola oil**	8	64	28	400
Sunflower oil**	10	45	40	225/440
Vegetable shortening**	34	11	52	330
Corn oil	15	30	55	445
Soybean oil	16	23	58	495
Walnut oil*	14	19	67	400
Grapeseed oil	12	17	71	420



SFA - saturated fatty acid

MUFA - monounsaturated fatty acid

PUFA - polyunsaturated fatty acid

\* While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed—for flavor purposes.

\*\* While the fatty acid profile of these oils may seem appropriate at first glance, the processing method by which they are made negates their healthfulness—they are not recommended for consumption, neither hot nor cold.