

ALL ABOUT OILS

There are a lot of oils on the market, but which is best for what?

Smoke point: Temperature at which oil begins to smoke, producing fumes and free radicals. Free radicals have been linked to health problems such as heart disease and cancer. The smoke point varies among oils – knowing the difference will help you select the best oil for your cooking method.

Refined: Oils heated during production and processed with chemicals to increase shelf-life and lower smoke point.

Unrefined: Non-processed oils bottled immediately after pressing. They tend to have strong flavors but a lower smoke point and shorter shelf life.

Extra Virgin Olive Oil



- **Smoke point:** 325-375°F
- **Storage:** cool, dry pantry, out of sunlight.
- Unrefined oil high in monounsaturated fat, which helps raise good cholesterol.
- **Good for:** salad dressings, drizzling, dipping in bread.

Avocado Oil



- **Smoke point:** 375-400°F
- **Storage:** cool, dry pantry, out of sunlight.
- Neutral flavored oil high in monounsaturated fat. Contains vitamin E, an antioxidant that helps fight inflammation.
- **Good for:** medium-heat cooking, such as baking or sautéing.

“Pure” or “Light” Olive Oil







- **Smoke point:** 460°F
- **Storage:** cool, dry pantry, out of sunlight.
- Refined and mild in flavor with a higher smoke point and longer shelf life.
- **Good for:** high-heat cooking, such as roasting or stir-frying.

Sesame Oil



- **Smoke point:** 400°F
- **Storage:** refrigerate after opening.
- Provides a distinct nutty flavor and is high in mono- and poly-unsaturated fats that can reduce risk of heart disease and diabetes.
- **Good for:** sautéing, marinades, and dipping sauces.

<p style="text-align: center;">Flax Oil</p>  <ul style="list-style-type: none"> • Smoke point: 225°F • Storage: refrigerate after opening. • An unrefined vegan source of omega-3 fatty acids, a powerful anti-inflammatory source. • Good for: dressings or dips; not good for cooking. 	<p style="text-align: center;">Sunflower Oil</p>  <ul style="list-style-type: none"> • Smoke point: 440°F • Storage: refrigerate after opening. • Light in flavor, high in polyunsaturated fat and vitamin E, and low in saturated fat. • Good for: frying, salad dressings, and baking.
<p style="text-align: center;">Coconut Oil</p>  <ul style="list-style-type: none"> • Smoke point: 350°F • Storage: cool, dry pantry. • Extracted from the meat of coconut, providing a sweet tropical flavor. • High in saturated fat, which can raise bad cholesterol - use in moderation. • Good for: baking, sautéing, or as a substitute for butter. 	<p style="text-align: center;">Canola Oil</p>  <ul style="list-style-type: none"> • Smoke point: 400°F • Storage: cool, dry pantry, out of sunlight. • Neutral-tasting oil high in polyunsaturated fat and low in saturated fat. • Contains phytosterols that reduce the absorption of cholesterol in the body. • Good for: all-purpose cooking, dressings, and baking.

But Isn't Canola Oil Bad?

There is a lot of media buzz telling us to avoid canola oil at all costs, but what does the research show?

The Good:

- Contains both mono and poly-unsaturated fats.
- Contains phytosterols that reduce absorption of cholesterol in the body.
- Studies have shown canola oil as the leading fat to help reduce risk of heart disease.
- High smoke point.

The Questionable: When refined or repeatedly heated to high temperatures (e.g. commercial deep frying):

- The omega-3 heart-healthy fats are reduced.
- Contains a small amount of trans fat after refining – like the amount found naturally in red meat but with more beneficial unsaturated fats. This is true of all refined oils – not just canola!

The Takeaway:

- Look for unrefined (or "cold-pressed") if you can, but canola oil still contains protective fats and is a good choice if you are cooking with high heat.