

HEALTHY FAT GUIDE

Healthy Fats	Ideal Sourcing	Brands & Sites	Cooking?
Butter	From 100% Grass-Fed Animals, Humanely Raised	Vital Farms , Organic Valley Pasture Butter , Kerrygold Pure Irish Butter	Use caution. Butter burns easily, so it's best for finishing only.
Ghee (Clarified Butter)	From 100% Grass-Fed Animals, Humanely Raised	4th & Heart , Pure Indian Foods , Fatworks , Ancient Organics , Vital Ghee , Tin Star	Yes , but do not heat above the smoke point of 450°.
Suet or Tallow (Beef Fat)	From 100% Grass-Fed Animals, Humanely Raised	Fatworks , U.S. Wellness Meats , Find a Local Rancher , or DIY	Yes , but do not heat above the smoke point of 400°.
Lard or Bacon Grease (Pork Fat)	From Organic, Pasture-Raised Pigs	Fatworks , U.S. Wellness Meats , Find a Local Rancher , or DIY	Yes , but do not heat above the smoke point of 370°.
Duck Fat	From Ducks Raised Outside on Natural Diet	Fatworks , Thrive Market , U.S. Wellness Meats	Yes , but do not heat above the smoke point of 375°.
Schmaltz (Chicken Fat)	From Organic, Pasture-Raised Chickens	Fatworks , Thrive Market	Yes , but do not heat above the smoke point of 375°.
Coconut Oil	Virgin, Organic, Cold-Pressed, Non-deodorized, Fair Trade, Sold in a Glass Jar	Alpha DME , Nativa , Artisana , Tropical Traditions , Thrive Market	Yes. Unrefined has a smoke point of 350°, while refined has a smoke point of 450°.
Avocado Oil	Virgin, Organic, Cold-Pressed, Non-deodorized, Fair Trade, Sold in a Dark Glass Jar	Primal Kitchen , La Tourangelle , Thrive Market	Use Caution. Avocado oil has a high smoke point (520°) but it can oxidize easily.
Olive Oil	Virgin, Organic, Cold-Pressed, Non-deodorized, Fair Trade, Sold in a Dark Glass Jar	Kasandrinos , Jovial , Bragg , California Olive Ranch , Thrive Market	Use caution. Olive oil oxidizes easily, so it's best for finishing only.

Unhealthy Fats: Avoid these at All Costs!

Trans Fats	Hydrogenated & Partially Hydrogenated Fats	Margarine & Butter Alternatives	Refined Vegetable & Seed Oils
Canola Oil (a.k.a. Rapeseed Oil)	Soybean Oil	Safflower Oil	Sunflower Oil
Cottonseed Oil	Grapeseed Oil	Rice Bran Oil	Shortening Made from Other Oils in this Chart



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