Know Your Fats

Safest for Cooking

- Beef Tallow
- Ghee
- Chicken Fat
- Goose Fat
- Duck Fat
- Coconut Oil
- Lamb Tallow
- Lard
- Red Palm Oil

These oils are best for frying, baking, broiling, and roasting. Organic is best. Butter is also safe for baking.

Safer for Cooking

- Avocado Oil
- Butter
- Macadamia Nut Oil
- Olive Oil
- Peanut Oil
- Sesame Oil

These oils are best for quick stir-frying and light sautéing. Best when cold extracted and expeller-pressed.

Unsafe for Cooking

- Almond Oil
- Black Currant Seed
- Evening Primrose
- Flax Oil
- Pumpkin Seed Oil
- Grapeseed Oil
- Hemp Oil
- Pine Nut Oil
- Hazelnut Oil
- Walnut Oil
- Rice Bran Oil
- Safflower/Sunflower Oil

Do not heat these oils. They are best if raw and unprocessed.

Unsafe (don't consume)

- Canola Oil/Rapeseed Oil
- Corn Oil
- Cottonseed Oil
- Soybean/Vegetable Oil
- Vegetable Shortening
- Partially Hydrogenated Fats/Oils (all)

These oils are often from genetically modified seed; contain high levels of pesticides; are heated and extracted with toxic chemicals.