

Fats for Optimal Health



Safest Fats for Cooking	Safer Fats for Cooking
<p>Frying, baking, broiling, roasting</p> <ul style="list-style-type: none"> ● Beef tallow from grass-fed beef ● Ghee ● Grass-fed Chicken/Goose/Duck fat ● Coconut Oil ● Lamb Tallow ● Lard ● Red Palm Oil <p>Organic is best. Butter is also safe for baking.</p>	<p>Quick Stir-Fry, Light Sautéing</p> <ul style="list-style-type: none"> ● Avocado Oil ● Grass-fed Butter (Kerrygold) ● Macadamia Nut Oil ● Olive Oil (unfiltered is best) <p>Oils should be cold extracted & expeller-pressed</p>
Unsafe for Cooking—do not heat	Unsafe Fats—do not consume
<ul style="list-style-type: none"> ● Almond Oil ● Black Currant Seed Oil ● Evening Primrose Oil ● Grape Seed Oil ● Hemp Oil ● Pine Nut, Hazelnut or Walnut Oil ● Pumpkin Seed Oil (raw/roasted) ● Rice Bran Oil (raw/roasted) ● Safflower/Sunflower Oil <p>Best if raw & unprocessed.</p>	<ul style="list-style-type: none"> ● Canola/Rapeseed Oil ● Corn Oil ● Cottonseed Oil ● Soybean/Vegetable Oil ● Vegetable Shortening ● Partially Hydrogenated Fats/Oils (all) <p>These oils are often from genetically modified seed; contain high levels of pesticides; are heated and extracted with toxic chemicals.</p>