

guide to: fats & oils

Cleaning up your diet by using the right fats and oils is essential to improving your health from the inside out. Changing the fats and oils you use at home is the first step toward creating dishes from nutrient-dense, whole foods based on what you have on hand. Avoid overly processed and refined forms of fats and oils. Opt for organic whenever possible. Refer to the "Guide to Cooking Fats" for more details.

eat these: HEALTHY, NATURALLY OCCURRING, MINIMALLY PROCESSED FATS

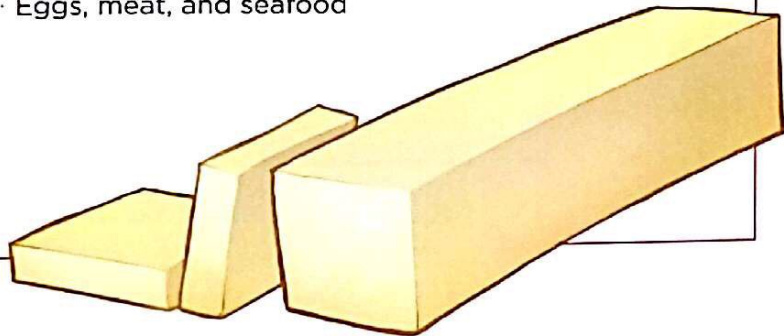
saturated: FOR HOT USES

BUY ORGANIC, UNREFINED FORMS

- Coconut oil
- Palm oil

IDEALLY FROM PASTURE-RAISED, GRASS-FED, ORGANIC SOURCES

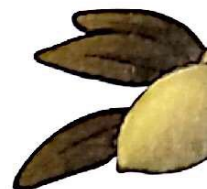
- Butter
- Ghee, clarified butter
- Lard, bacon grease (pork fat)
- Tallow (beef fat)
- Duck fat
- Schmaltz (chicken fat)
- Lamb fat
- Full-fat dairy
- Eggs, meat, and seafood



unsaturated: FOR COLD USES

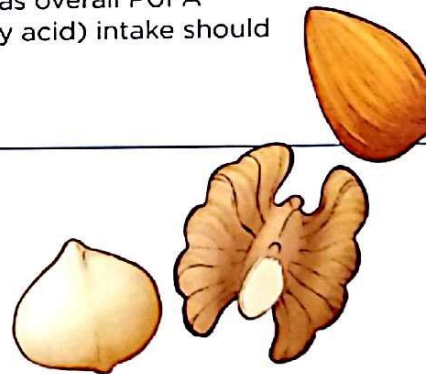
BUY ORGANIC, EXTRA-VIRGIN, AND COLD-PRESSED FORMS

- Olive oil
- Sesame oil
- Macadamia nut oil
- Walnut oil
- Avocado oil
- Nuts & seeds (including nut & seed butters)
- Flaxseed oil**



NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. Do not consume damaged fats.

Cold-pressed flaxseed oil is okay for occasional use but supplementing with it or doses of 1-2 tablespoons per day is **not recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal.



ditch these: UNHEALTHY, MAN-MADE FATS & REFINED SEED OILS ARE NOT RECOMMENDED

Hydrogenated or partially hydrogenated oils, as well as manmade trans-fats or "buttery spreads" like Earth Balance, Benecol, and I Can't Believe It's Not Butter are not healthy. These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat.

- Margarine/buttery spreads
- Canola oil (also known as rapeseed oil)
- Corn oil
- Vegetable oil
- Soybean oil
- Grapeseed oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Shortening made from one or more of the above-listed "ditch" oils

