

## Fats and Oils - Smoke Points and Culinary Uses

*Buy only fats and oils that are certified as organic. Buy only cold-pressed oils. Do not buy oils in clear glass or plastic bottles (light destroys oils). All fats and oils, including fish oils, should taste and smell “fresh”. If they do not, dispose of them. Rancid fats and oils are extremely toxic and severely interfere with normal fatty acid metabolism.*

### **Extra Virgin Olive Oil**

Contains over 30 phenols helpful for reducing oxidative stress (contributing to DNA, tissue, and cell damage), great source of oleic acid, a monounsaturated fat which help control cholesterol levels.

Real, high-quality extra virgin olive oil has well-researched anti-inflammatory compounds, antioxidants and numerous heart-healthy macronutrients. Extra virgin olive oil benefits include lowering rates of inflammation, heart disease, depression, dementia and obesity.

Smoke point is 320 F and is fairly resistant to oxidation.

Uses: Salads, low temperature cooking.

### **Walnut Oil**

Contains the anti-oxidant, ellagic acid which harbors anti-cancer and even anti-bacterial properties. Walnut oil is an excellent source of omega 3, ALA or alpha-linolenic acid.

The body actually makes the preferred types, EPA and DHA omega 3's, from the type found in walnuts (ALA), but it can't necessarily do nearly as good of a job as straight EPA/DHA from fish or fish oils.

Smoke point is 320 F.

Uses: Salads or very low temperature cooking due to it's higher polyunsaturated fat content.

### **Macadamia Nut Oil**

Lowest omega 6 of any nut. (In an anti-inflammatory diet want our omega-6 and omega-3 ratio to be in balance, rather than too high in omega 6. The suggested ratio is around 2:1 omega-6 to omega-3. Most omega-6's consumed from salad dressings, potato chips, processed meats and refined vegetable oils, and in excess can contribute to inflammation and result in heart disease, cancer, asthma, arthritis and depression) Macadamia nut oil is higher in monounsaturated fat than olive oil. The high oleic acid content makes it important for re-balancing cholesterol and actually reducing the amount of triglycerides in the blood.

Macadamia nut oil is super rich in phytochemicals which improves oxidative stress, inflammation and reduces risk factors for coronary artery disease.

Smoke point is 413 F

Uses: Salads to higher heat cooking.

## **Coconut Oil**

More than 90% saturated fat, and high in medium chain triglyceride (MCT). MCTs do not require bile acids for digestion, which makes them easy to digest and available immediately as a fuel source. It is rich in lauric acid, a fatty acid found in mother's milk, that has anti-fungal, anti-bacterial and anti-viral properties. Unrefined coconut oil, which has not been bleached or filtered to remove impurities or natural flavors has the most coconuty flavor.

Smoke point is 350°F.

Uses: Lower temperature cooking.

Refined coconut oil has less coconut flavor and a higher smoke point of 450 F, leaving less anti-oxidants, but an option for higher heat cooking.

## **Avocado Oil**

Cold pressed avocado has a lot of vitamin E and chlorophyll which enhances anti-oxidant absorption of vegetables and can decrease your risk of coronary artery disease.

Smoke point is 400 F.

Uses: Salads to higher heat cooking.

## **Grass Fed Butter**

Grass-fed Butter contains the ideal ratio of omega 6: omega 3 fatty acids, which is especially important for optimizing cell membrane function and reducing inflammation. Grass-fed butter is also rich in butyrate, a great energy source for our skeletal muscle and our heart and has anti-inflammatory effects on the entire body. It is also high conjugated linoleic acid (CLA) which suppresses inflammatory prostaglandins such as PGE2. Blocking this substance reduces inflammation in the joints, muscles, bones, organs and brain.

Smoke point is 350 F

Uses: Sautéing, grilling, baking, roasting

## **Grass Fed Ghee**

Ghee does not contain milk solids and it is very stable at high heat. Because of its high smoke point it is considered one of the best oils for baking, sautéing and deep fat frying. A well-prepared ghee has very little moisture content and is very shelf-stable. You do not need to refrigerate it for 2-3 months if you keep it in an airtight container. When kept in a refrigerator, ghee can last up to a year. During the clarification process, milk solids are removed, leaving the healthy butter fats behind. Small, trace amounts of casein and lactose can possibly remain in the ghee, but unless a person is extremely sensitive, consuming ghee will be fine, even if dairy is not tolerated.

Smoke Point: 485 F.

Uses: Sautéing, grilling, baking, roasting, frying etc.