

CULINARY FATS 101

NO HEAT

THESE OILS SHOULD BE COLD-OR EXPPELLER-PRESSED AND KEPT REFRIGERATED

SESAME OIL, HEMP OIL, FLAXSEED OIL, FISH OIL, OTHER NUT/SEED OILS
SALAD DRESSINGS, HUMMUS, COLD DIPS, FINISHING OIL, DIETARY SUPPLEMENT

LOW HEAT

UP TO 325° F

EXTRA VIRGIN OLIVE OIL, GRASS-FED BUTTER
LIGHT SAUTÉ, LOW OVEN TEMPERATURES

MEDIUM HEAT

UP TO 375° F

UNREFINED COCONUT OIL, LARD, TALLOW, SUEET, DUCK FAT
SAUTÉ, BAKE, GRAVIES, SAUCES

HIGH HEAT

450° F+

REFINED COCONUT OIL, GHEE, AVOCADO OIL, REDD PALM OIL*
SEAR, STIR FRY, BARBECUE, BROIL, MARINADES

**Please ensure red palm oil is responsibly sourced.*

AVOID

READ FOOD LABELS TO AVOID HYDROGENATED OILS & TRANS FATS. AVOID CRISCO, MARGARINE, VEGETABLE SHORTENING & INDUSTRIAL OILS.

INDUSTRIAL OILS INCLUDE:
VEGETABLE, SOYBEAN, CANOLA, COTTONSEED, GRAPSEED, RAPESEED, CORN, RICE BRAN & SAFFLOWER OILS

**These guidelines may vary based on extraction methods & refinement processes. Read product labels for specific smoke points.*

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