

Culinary Oil Change:



DRAIN THE VEGETABLE OIL— STOCK THESE TOP 12 HEALTHY COOKING OILS

OLIVE OIL

smooth, buttery taste



SMOKE POINT: 419°F

2 YEAR SHELF LIFE
please refrigerate after opening

NUTRITION*



* per 1 tablespoon; approximate



Popular in Mediterranean cuisine, olive oil is made by grinding olives and extracting the oil. It's available in many varieties, and can be used for so many recipes!

popular in ITALY

good for COLD RECIPES

bad for HIGH HEAT

Good For
COLD RECIPES



Bad For
HIGH HEAT

320°F SMOKE POINT*

6 MONTH SHELF LIFE

130
CALORIES*

23%
MONOUNSATURATED FAT*

9%
SATURATED FAT*

Nutty Taste

*Per 1 tablespoon; approximate

63%
POLYUNSATURATED FAT*

Walnut oil delivers the same benefits of walnuts, but in a much higher potency. Swap walnut oil into recipes for a boost of Omega-3 and Omega-9 essential fatty acids.



225°F
SMOKE POINT

2 week
SHELF LIFE

keep refrigerated

GOOD FOR
cold recipes

BAD FOR
high heat

Flaxseed oil is a fabulous source of Omega-3 and Omega-6 essential fatty acids. While it's best used in cold dishes, the health benefits are abundant and yours for the taking.

NUTRITION*



* per 1 tablespoon; approximate

AVOCADO OIL

491°F SMOKE POINT



1 YEAR
SHELF LIFE

Good For
HIGH HEAT

Buttery,
Smooth
TASTE!

Please Keep Refrigerated

NUTRITION*



*Per 1 tablespoon; approximate

Comparable to olive oil, avocado oil delivers all the same benefits, and features a much higher smoke point. It's even been said to develop a bacon-like flavor when heated.



BUTTERY, NUTTY TASTE

410° F
SMOKE POINT

2 YEAR
SHELF LIFE

GOOD FOR
HIGH HEAT

NO NEED FOR REFRIGERATION!

MACADAMIA NUT OIL MAKES A HEALTHY SWAP FOR VEGETABLE OIL, AND FEATURES AN EVEN HEALTHIER UNSATURATED TO SATURATED FAT RATIO THAN OLIVE OIL!

NUTRITION*

130
CALORIES

13
SATURATED FAT (%)

84
MONOUNSATURATED FAT (%)

3
POLYUNSATURATED FAT (%)

*Per 1 tablespoon; approximate



POPULAR IN AUSTRALIA

Good For
COLD RECIPES

HEMP SEED OIL

Bad For
HIGH HEAT

329° F
SMOKE POINT



NUTTY TASTE

2 YEAR SHELF LIFE | KEEP REFRIGERATED

NUTRITION*

*Per 1 TABLESPOON; APPROXIMATE

120
CALORIES

9
SATURATED FAT (%)

12
MONOUNSATURATED FAT (%)

79
POLYUNSATURATED FAT (%)

HEMP SEED OIL IS BEST COMPARED WITH OLIVE OIL. HOWEVER, IT HAS A LOWER SMOKE POINT AND SHOULD BE USED IN COLD DISHES ONLY.



SESAME SEED OIL

SUBTLE, NUTTY FLAVOR

GOOD FOR BAKING & FRYING

6 MONTH SHELF LIFE

351° F
SMOKE POINT

NUTRITION*

*PER 1 TABLESPOON; APPROXIMATE

120
CALORIES

14
SATURATED FAT (%)

43
MONOUNSATURATED FAT (%)

43
POLYUNSATURATED FAT (%)

REFRIGERATE AFTER OPENING

POPULAR IN INDIA



POPULAR VARIETIES OF SESAME SEED OIL INCLUDE COLD-PRESSED AND TOASTED. BOTH DELIVER GREAT NUTRITIONAL VALUE, BUT COLD-PRESSED IS MORE SUITABLE FOR HIGH-TEMPERATURE COOKING.



351° F
Smoke Point

COCONUT OIL

Good for
BAKING & FRYING!

2 Year
SHELF LIFE



GOOD NUTTY TASTE!

NO REFRIGERATION NEEDED

Nutrition*

117
Calories

92
Saturated Fat (%)

6
Monounsaturated Fat (%)

2
Polyunsaturated Fat (%)

* PER 1 TABLESPOON; APPROXIMATE



COCONUT OIL IS QUICKLY BECOMING ONE OF AMERICA'S FAVORITES BECAUSE OF ITS HEALTH BENEFITS AND VERSATILITY. ITS UNIQUE TASTE FITS WELL INTO ALMOST ANY RECIPE.



THE UNITED STATES CONSUMES OVER 1 BILLION POUNDS OF COCONUT OIL EACH YEAR, COMING FROM NEARLY 100 BILLION MATURE COCONUTS.

Popular In
THE PHILIPPINES





482°F
Smoke Point

Ghee
No Refrigeration Needed!

1 YEAR
Shelf Life

NUTRITION*

124
CALORIES

65
SATURATED FAT (%)

32
MONOSATURATED FAT (%)

3
POLYUNSATURATED FAT (%)

*PER 1 TABLESPOON; APPROXIMATE

GHEE IS CLARIFIED BUTTER, WHICH MEANS THAT THE BUTTER HAS BEEN BOILED AND THE RESIDUE (MOSTLY WATER) HAS BEEN REMOVED. IT'S POPULAR IN SOUTH ASIAN AND INDIAN CUISINE. GHEE IS ALSO GREAT FOR DEEP FRYING.



509°F
SMOKE POINT

Good For **HIGH HEAT**

6 MONTH
SHELF LIFE

NUTRITION*

*Per 1 tablespoon; approximate

120
Calories

10
Saturated Fat (%)

13
Monounsaturated Fat (%)

77
Polyunsaturated Fat (%)

A flavorless, colorless oil, Safflower Oil is nutritionally similar to sunflower oil, and is a great substitute for sesame seed oil in stir-fries.

OILS TO AVOID

CANOLA OIL

Vegetable Oil

Soybean Oil

Corn Oil

Margarine

HYDROGENATED OILS

PARTIALLY HYDROGENATED OILS

GET MORE TIPS WITH OUR COMPLETE GUIDE TO HEALTHY COOKING OILS:
bit.ly/cooking-oils