

Which Oil Should I Cook With?

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Most of us could use an oil change. Would you put the wrong oil in your car? Of course not. It's easy to understand then why you should worry about which oils you're putting in your body – ESPECIALLY when it comes to cooking oils.

We cook food just about every single day.

While oils are comprised of pure fat, not all fat is made equally.

Oils are made up of unique combinations of fats – some more stable than others. Most processed foods and oils marketed for cooking are seed-based oils such as soybean oil, corn oil, canola oil, & other unsafe oils commonly used in restaurant food, roasted nuts, potato chips, breaded foods, packaged meals.

- Which oils are most heat-stable?
- Which oils should be added only *after* cooking?
- Which ones should be *completely* avoided?

This guide will answer those questions for you so that you can feel confident both at the grocery store & in the kitchen

The CoPS Approach to Choosing the Best Oil

*How do you know which oil to choose? Call the **CoPS** to find out.*

Composition, Processing, and Smoke point are the three factors to consider when choosing an oil.

Whether it means cooking with it or using it on a salad – each factor is given equal importance to your decision.

Composition:

The more saturated fats found in an oil, the more stable it will be under heat. The more unsaturated the fat, the less stable the fat will be under heat.

Yes, when it comes to cooking, saturated fats are *healthier* than polyunsaturated and monounsaturated fats!

Processing:

Processing often requires heat or bleaching before consumer use.

While some oils have a favorable fat composition and smoke point on paper, they may still not be ideal for your cooking or consumption due to how they are extracted & processed.

Smoke Point:

Smoke point is the temperature at which an oil begins to burn. At this point, the oil becomes rancid and oxidized – Rancidity and oxidation are BIG no-no's!

Simply put, rancid & oxidized fats act like ricocheting bullets that damage your cells. Minimize them at all costs.

Trans fats (the banned kind that can cause cardiovascular disease) may also be created when an oil starts to burn.

I called the **CoPS** to let you know which oils to:

- Cook with
- Add safely to a salad or dish *after* cooking
- Avoid like the plague!

Cooking Oils Categories:

1.) High Heat

2.) Low Heat

3.) No Heat

As a rule of thumb, the **high heat fats** can be used in cooking, and the **low-heat** and **no-heat** fats can be added to salads and dishes for flavor only *after* cooking.

The fats in **RED** should never be used even if they have a high smoke point, so be sure to check your product labels!

***Avoid frying & charring** - Frying often exceeds temperatures that are safe even with high-heat oils. Charring creates unsafe byproducts that have been correlated with an increased risk of cancer.*

High Heat

- **SAFE TO COOK WITH**
- **USE FREELY - AVOID FRYING**

Coconut Oil*:

Saturated Fat: 86%

Monounsaturated Fat: 6%



Polyunsaturated Fat: 2%

Smoke Point:

-Unrefined: 350 degrees

-Refined: 450 degrees

Palm Oil:**

Saturated Fat: 54%

Monounsaturated Fat: 42%

Polyunsaturated Fat: 0.10%

Smoke Point: 455 Degrees

Butter/Ghee/ "Clarified Butter":

Saturated Fat: 63%

Monounsaturated Fat: 26%

Polyunsaturated Fat: 0.03%

Smoke Point:

-Unrefined: 300 degrees

-Refined: 480 degrees

Bacon/Pork Fat/ "Lard":

Saturated Fat: 39%

Monounsaturated Fat: 45%

Polyunsaturated Fat: 11%

Smoke Point: 375 degrees

Beef Fat/ "Tallow"/ "Suet":

Saturated Fat: 60%

Monounsaturated Fat: 35%

Polyunsaturated Fat: 5%

Smoke Point: 370 degrees

Duck Fat:

Saturated Fat: 60%

Monounsaturated Fat: 35%

Polyunsaturated Fat: 5%

Cocoa Butter:

Saturated Fat: 60%

Monounsaturated fat: 35%

Polyunsaturated Fat: 5%

Smoke Point: 370 degrees



LOW-HEAT

- **SAFE COOKING AT LOW HEAT**
- **ADD TO DISH AFTER COOKING**
- **CAREFUL STORAGE:**
 - **Use dark containers**
 - **Keep at cool temperatures**
 - **Minimize light & sun exposure**

Avocado Oil:

Saturated Fat: 20%

Monounsaturated Fat: 70%

Polyunsaturated Fat: 10%

Smoke Point: 520 degrees

Macadamia Nut Oil:

Saturated Fat: 16%

Monounsaturated Fat: 80%

Polyunsaturated Fat: 4%

Smoke Point: 410 degrees

Olive Oil*:**

Saturated Fat: 14%

Monounsaturated Fat: 73%

Polyunsaturated Fat; 11%

Smoke Point 375 degrees

Peanut Oil (COMMON ALLERGEN):

Saturated Fat: 17%

Monounsaturated Fat: 46%

Polyunsaturated Fat; 32%

Smoke Point:

Unrefined: 320 degrees

Refined: 450 degrees

Rice Bran Oil:

Saturated Fat: 25%



Monounsaturated Fat: 38%
Polyunsaturated Fat: 37%
Smoke point: 415 degrees

No Heat:

- **DO NOT USE FOR COOKING**
- **SAFELY ADDED AFTER COOKING**
- **MINDFUL OF ALLERGENS)**

Sesame Seed Oil:

Saturated Fat: 14%
Monounsaturated Fat: 40%
Polyunsaturated Fat: 46%
Smoke Point: 450 degrees

Corn Oil (COMMON ALLERGEN):

Saturated Fat: 15%
Monounsaturated Fat: 30%
Polyunsaturated Fat: 55%
Smoke Point: 445 degrees

Soybean Oil (COMMON ALLERGEN):

Saturated Fat: 16%
Monounsaturated Fat: 23%
Polyunsaturated Fat: 58%
Smoke Point: 495 degrees

Walnut Oil (COMMON ALLERGEN):

Saturated Fat: 14%
Monounsaturated Fat: 19%
Polyunsaturated Fat: 67%
Smoke Point 400 Degrees

Safflower Oil
Canola Oil
Sunflower Oil
Vegetable Shortening
Grapeseed Oil



I won't list the composition of these fats because they just shouldn't be used all together. This is largely because of the method by which they are extracted and processed.

Grapeseed oil is marketed for its high smoke point (420 degrees), but its fat make-up makes it very unstable. It should not be used for cooking. It should not be used at all.

Bonus Tips:

* Coconut Oil:

While coconut is the top choice oil for cooking, it does come in several varieties that may lead to confusion at the grocery store.

Personalize Your Coconut Oil Budget and Taste:

-Any coconut oil is better than a low-heat/no-heat oil

-Organic is better than non-organic

-Extra virgin is preferred over virgin

-Refined & "Fractionated" are preferred over unrefined for cooking. Unrefined can be cheaper and great for use on the skin. Refining and fractionating increase the percentage or "fraction" of stable saturated fats in the oil.

-If you do not enjoy the strong coconut flavor, look for an expeller-pressed version of coconut oil.

Expeller pressed coconut oil will have less coconut flavor – while still maintaining the cooking benefits.

** Palm Oil:

While palm oil is one of the healthiest oils to cook with, the palm industry is riddled with genetically modified (GMO) practices.

With GMO comes low-cost. With low-cost comes lots of industrial use for palm crops aside from just cooking oil. This has led the palm industry to be notorious for unrestrained deforestation of rainforests.

For these reasons, I would opt for coconut oil which is not yet GMO and harvested more sustainably.

*** Olive Oil:

Olive oil *may* ultimately be safe for high-heat cooking because it contains friendly compounds called polyphenols which are antioxidants.

These phytonutrients help to absorb some of the unhealthy byproducts of high-heat cooking.

I like to play it safe, and I generally add olive oil after cooking.

It is my preferred oil in the **Low-Heat** category.

