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Cooking with Fats & Oils

- ❖ Superpolyunsaturates – Condiments, Salad Dressing
- ❖ Flax Seed Oil – Richest source of W-3
- ❖ Essential Balance – Rich W-3 & W-6
- ❖ Hemp Seed – Medium W-3 & High W-6
- ❖ Canola Oil – Low W-3 & Low W-6
 - Not optimal, most genetically modified
- ❖ Soy Oil – Low W-3 & High W-6
- ❖ Walnut Oil – Low W-3 & High W-6
- ❖ Polyunsaturates – Low Heat
 - Safflower, Sunflower, Pumpkin; high W-6
- ❖ Monosaturates – Medium Heat
 - Sesame, Pistachio, Almond, Hazelnut, Olive Oil
- ❖ Saturates – High Heat
 - Coconut Oil, Ghee



High Heat:

Use only coconut butter, olive oil, grape seed oil or rice bran oil for frying. The best choice is coconut butter as it has the best taste when frying chicken and fries. Olive oil tends to make foods being fried soggy with oil rather than crispy.

Medium Heat:

To sauté foods use sesame oil, rice bran oil, olive oil, grape seed oil, coconut butter, ghee

Baking:

Butter, Coconut butter, sunflower, safflower or olive oil can be used in baking if temperature is less than 325 degrees. In a hotter oven use butter, olive oil, cocoa or coconut butter.

BodyBioBalance Oil:

Should be used at two-time daily mixed with foods that contain protein. Examples would be to mix the oil in stews, soups, sauces, salad dressings, casseroles, nut butter, etc.

- **Refrigerate BodyBioBalance Oil and all cold pressed oils.**