

COOKING WITH FATS AND OILS

OILS AND FATS	USES	COMMENTS
Almond Oil	Salad dressings, sauces, sautéing, body care.	Refrigerate.
Black Current Seed Oil	Nutritional supplement. Not used for cooking or dressings.	Refrigerate.
Borage Oil	Nutritional supplement. Not used for cooking or dressings.	Contains very toxic long-chain fatty acids. Not recommended.
Butter (salted)	Baking and spread.	Salted butter is much harder to digest than unsalted. Refrigerate.
Butter (unsalted)	Baking and spread.	Goes rancid more quickly than salted butter. Refrigerate.
Canola Oil	Baking, sautéing, sauces, salad dressings.	Chemically contaminated. Not recommended unless certified as organic.
Coconut Oil	Baking, frying, body care.	Tasteless. Does not need refrigeration but keep cool.
Corn Oil	Baking, salad dressings.	Often pesticide contaminated. Highly processed. Not recommended.
Cottonseed Oil	Is often found in prepared and processed foods.	Almost always chemically contaminated. TOXIC - DO NOT INGEST.
Evening Primrose Oil	Nutritional supplement. Not used for cooking or dressings.	Refrigerate.
Fish Oils	Nutritional supplement. Not used for cooking or dressings.	Refrigerate.
Flaxseed Oil	Nutritional supplement. Can be used for salad dressings.	Refrigerate.
Ghee (clarified butter)	Baking and frying.	Does not need refrigeration but keep cool.
Hemp Oil	Nutritional supplement. Not used for cooking or dressings.	Almost always contaminated. Not recommended unless certified organic.
Margarine	Is sold for use as spread and for cooking.	Harmful synthetic substance; false health claims. Not recommended.
Olive Oil	Salad dressings, marinades, wine sauces, sautéing.	Does not need refrigeration but keep cool.
Palm Kernel Oil	Baking and frying.	Does not need refrigeration but keep cool.
Peanut Oil	Baking, frying, sauces, marinades.	Almost always contaminated. Not recommended unless certified organic.
Safflower Oil	Baking, sautéing, salad dressings, sauces.	Does not need refrigeration but keep cool. Buy "high oleic" variety.
Sesame Oil	Baking, sautéing, salad dressings, sauces.	Does not need refrigeration but keep cool.
Sunflower Oil	Salad dressings and sauces.	Does not need refrigeration but keep cool. Buy "high oleic" variety.
Wheat Germ Oil	Nutritional supplement. Not used for cooking or dressings.	Refrigerate.

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.

Ask for these other helpful instructions: Shopping Guidelines, Cooking Guidelines, Cooking Whole Grains, and Eating Guidelines.