

cooking oils

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#food

- **Animal Fats:** Butter, Lard, Tallow
 - **Plant Oils:** Olive Oil, Coconut Oil, Avocado Oil
-

Merged Segment (.review/organized/C/Cooking Oils.md)

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- **Animal Fats:** Butter, Lard, Tallow
- **Plant Oils:** Olive Oil, Coconut Oil, Avocado Oil

1. Extra Virgin Olive Oil (EVOO)

- **Why?** Rich in **monounsaturated fats (75%)**, antioxidants (polyphenols, vitamin E), and linked to reduced heart disease, diabetes, and inflammation

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- **Smoke Point:** 350–410°F (177–210°C) — best for sautéing, roasting, and dressings

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- **Tip:** Opt for **cold-pressed, unrefined EVOO** to retain nutrients. Avoid overheating to preserve antioxidants

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2. Avocado Oil

- **Why?** High in **monounsaturated fats (70%)** and vitamin E. Supports heart health and has anti-inflammatory properties

- **Smoke Point:** 520°F (271°C) — ideal for high-heat cooking (frying, grilling)

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- **Note:** More expensive but stable under heat. Choose **cold-pressed** versions

3. Sesame Oil

- **Why?** Contains **sesamol and sesaminol**, antioxidants with neuroprotective benefits. May improve blood sugar control

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- **Smoke Point:** 410°F (210°C) — great for stir-fries. Toasted sesame oil is best for finishing dishes

4. High-Oleic Safflower/Sunflower Oil

- **Why?** **Low in saturated fat (6%)** and high in monounsaturated fats. Linked to reduced LDL cholesterol
- **Smoke Point:** 510°F (265°C) — good for frying

- **Caution:** Avoid regular safflower/sunflower oils (high in omega-6, which can be inflammatory)

5. Canola Oil

- **Why?** Low in saturated fat (7%) and a **good omega-3 (ALA) source**. Neutral flavor for versatile use
- **Smoke Point:** 400°F (204°C) — suitable for baking and sautéing
- **Controversy:** Some concerns over GMOs and processing; opt for **organic, cold-pressed** versions

6. Walnut Oil

- **Why?** Rich in **omega-3 ALA** and polyphenols. Supports brain and heart health
- **Smoke Point:** 320°F (160°C) — use only for dressings or drizzling (not heating)

7. Flaxseed Oil

- **Why?** Highest plant-based **omega-3 (ALA) content**. Anti-inflammatory but **heat-sensitive**
- **Use:** Only for cold dishes ([smoothies](#), salads). Refrigerate to prevent rancidity

Oils to Limit or Avoid

- **Coconut Oil:** 92% saturated fat — raises LDL cholesterol. Use sparingly
- **Palm Oil:** High in saturated fat and linked to deforestation
- **Seed Oils ([Corn](#), [Soybean](#)):** High in omega-6, which may promote inflammation if overconsumed

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