



## COOKING OILS

There are lots of different oils out there for cooking, salad dressings, etc., so which one do you use? You need to know what the **smoke point** is, which is when the oil starts smoking and breaking down, releasing harmful free radicals and chemicals that give food an undesirable flavor. So let me help break it down for you, unless you are like me and just use butter.

EVO- Low smoke point so it isn't best for cooking other than sauteing. Good for salad dressing, sauces or drizzling over pasta. It has a large range of flavors, full of antioxidants and helps fight inflammation. I should use this more.

Unrefined Coconut - best for medium heat because of its low smoke point, so again use it for sauteing of meats and vegetable, especially Thai and Indian recipes. Strong coconut flavor. Yuck, not for me. It does have fatty acids that metabolize quickly for spurts of energy and is good for ketogenic diets due to high levels of lauric acid.

Vegetable - Medium-high smoke point, so it can be used for many types of cooking. Has a neutral flavor and no aroma. It's inexpensive and hydrogenated vegetable oils are seen as healthy sources of fat. I like the inexpensive part.

Canola - Can be used for frying, deep-frying, sauteing, stir-frying, grilling and baking because of its high smoke point. Neutral flavor and is derived from a mustard relative, rapeseed. It's a healthy choice as it is low in saturated fat and has a high proportion of monounsaturated fat. Good for deep frying shrimp and French fries. Yum.

Avocado - Highest smoke point of all cooking oils. Great for frying, salads, grilling, baking, sauteing, and roasting. It has mild avocado flavor and is good for the paleo diet. I'm not sure what the paleo diet is, but it is probably very vegetable and fruit friendly, so I wouldn't know about that.

There are other ones out there that you might use, like Grapeseed, Corn, Peanut, Sunflower, and probably more. Again, I just keep it simple and use real butter for everything.