

Seed oils are sometimes referred to as the “Hateful 8”, they include...

- Canola oil (aka rapeseed oil)
- Corn oil
- Cottonseed
- Grapeseed oil
- Soybean oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Peanut oil

What are healthier alternatives?

- Extra virgin olive oil (room temperature or low temperature cooking)
- Avocado oil (high temperature cooking)