

# Safest Cooking Oils

## Best for High Heat

Roasting, Frying, Baking

Ghee/Butter  
Tallow  
Lard  
Chicken/Duck Fat  
Red Palm Oil  
Coconut Oil

## Do Not Heat

Salads, Dressings, Dips

Almond Oil  
Flax Seed Oil  
Pumpkin Seed Oil  
Walnut Oil  
Evening Primrose Oil  
Black Currant Oil

## Keep at Low Heat

Light Sauteing, Stir-Frying

Olive Oil  
Argan Oil  
Avocado Oil  
Sesame Oil  
Sunflower Oil

## Avoid Completely

Unstable, Pro-oxidant, GMOs

Canola Oil  
Soybean Oil  
Corn Oil  
Cottonseed Oil  
Partially Hydrogenated Fats

Look for:

