

Healthy Fats

Saturated fats are not bad when used in moderation. They very are resistant to heat, so they are good to use for cooking.

Monounsaturated fats are okay with heat, so they are okay to use for cooking.

Polyunsaturated fats are chemically reactive and sensitive to heat, so they should NOT be used for cooking.



Healthy Oils



The Healthiest Oils and Fats

Extra virgin olive oil, virgin coconut oil, avocado oil

Good Oils for Cooking

Virgin coconut oil, extra virgin olive oil, palm oil, avocado oil

Butter or Margarine to Olive Oil Conversion for Baking

Butter/Margarine to Olive Oil

1 tablespoon = 2 1/4 teaspoons

2 tablespoons = 1 1/2 tablespoons

1/4 cup = 3 tablespoons

1/3 cup = 1/4 cup



Unhealthy Fats and Oils

Trans Fats:

Partially hydrogenated oils are the primary source of trans fat. Trans fats have been shown to be potentially more harmful to arteries than saturated fat.

Oils Never to Use for Cooking

Fish oil, flaxseed oil, canola oil, nut oils, peanut oil

Oils to Avoid Completely

All seed oils and vegetable oils