

FATS AND OILS CHART

Source	Saturated	Mono-unsaturated	Polyunsaturated	
			Omega-6	Omega-3
Safflower oil	6	14	75	0
Grapeseed oil	10	16	70	0
Sunflower oil	10	19	66	0
Corn oil	13	28	54	1
Soybean oil	16	23	50	7
Peanut oil	17	46	32	0
Canola oil	7	63	19	9
Mustard Oil	12	59	15	6
Safflower Oil, Oleic	6	75	14	0
Avocado Oil	12	71	13	1
Sunflower Oil, Oleic	10	83	4	0
Coconut oil	87	6	2	0

Source: <https://nutritiondata.self.com/>

USE OFTEN*		USE SPARINGLY*	NEVER USE*
High Heat Cooking	Light to Medium Heat Cooking	Cold Use	
Bacon fat	Almond oil	Flaxseed oil	Canola oil
Coconut oil	Extra virgin avocado oil	Mustard oil	Corn oil
Cacao butter	Extra virgin olive oil	Walnut oil	Cottonseed oil
Duck fat	Hazelnut oil	Sesame oil	Grapeseed oil
Goose fat			Peanut oil
Grass-fed butter			Margarine
Grass-fed ghee			Rapeseed oil
Lard			Rice bran oil
Tallow			Safflower oil
Sustainable palm kernel oil			Shortening
			Soybean oil
			Spreadable butter**
			Sunflower oil
			Vegetable oil
			Wheat germ oil

*All oils should be unrefined and/or extra virgin, and preferably organic

** Vegetable oils are sometimes added to butter products