

Type	Composition	Smoke Point	Uses	Notes
Avocado Oil	70.6% monounsaturated 13.5% polyunsaturated 11.6% saturated	491°F	frying sauteing	LCFA* Only buy in dark glass bottles One of the healthiest oils
Butterfat	26% monounsaturated 4% polyunsaturated 63% saturated	250-300°F	baking sauces	SCFA (primarily), MCFA, LCFA* Stick with grassfed, organic or raw
Canola Oil	58% monounsaturated 29.6% polyunsaturated 7.1% saturated	Expeller Pressed 375-450°F Refined 400°F High Oleic 475°F	baking sauteing	processed at 500°F, many omega-3s are rancid from processing highly processed
Coconut Oil	6.2% monounsaturated 1.6% polyunsaturated 92.1% saturated	350°F unrefined 450°F refined	baking sauteing	Contains SCFA (small amount) MCFA(primarily), LCFA* One of the healthiest oils
Corn Oil	24% monounsaturated 59% polyunsaturated 13% saturated	352°F unrefined 450°F refined	salad dressing dips marinades	LCFA* especially don't use if heated
Fish Oil	46.7% monounsaturated 22.6% polyunsaturated 22.6% saturated	235°F	supplementing	LCFA* not for cooking
Flax Oil	19% monounsaturated 72% polyunsaturated 9% saturated	225°F	dressing dips marinades	LCFA* not for cooking high in polyunsaturated, prone to rancidity & oxidization when heated
Ghee	27% monounsaturated 5% polyunsaturated 68% saturated	485°F	sauteing baking sauces	SCFA (primarily), MCFA, LCFA*
Grapeseed Oil	16% monounsaturated 70% polyunsaturated 9% saturated	400°F	salad dressing dips marinades	LCFA* high potential for oxidation expensive
Olive Oil	75% monounsaturated 12% polyunsaturated 13% saturated	Extra Virgin 375°F Virgin 390°F Extra Light 470°F	sauteing dips, marinades salad dressing	LCFA* can lose flavor if overheated One of the healthiest oils
Peanut Oil	46% monounsaturated 32% polyunsaturated 17% saturated	Unrefined 320°F Refined 450°F	frying sauteing	LCFA* prone to rancidity, avoid
Palm Kernel Oil	15% monounsaturated 2% polyunsaturated 83% saturated	Unrefined 350°F Refined 450°F	baking frying	Contains MCFA (primarily), LCFA* One of the healthiest oils
Palm Oil	39% monounsaturated 11% polyunsaturated 50% saturated	Unrefined 350°F Refined 450°F	baking frying	Contains MCFA (primarily), LCFA* One of the healthiest oils
Safflower Oil	14% monounsaturated 75% polyunsaturated 6% saturated	Unrefined 225°F Semi-Refined 320°F Refined 400°F	avoid using	LCFA* especially don't use if heated
Sesame Oil	43% monounsaturated 43% polyunsaturated 14% saturated	Unrefined 350°F Semi-refined 450°F	frying sauteing dips salad dressing marinades	LCFA*
Soybean Oil	23% monounsaturated 57% polyunsaturated 14% saturated	Unrefined 320°F Semi-refined 350°F Refined 460°F	avoid using	LCFA* partially hydrogenated likely genetically modified especially don't use if heated
Sunflower Seed Oil	19% monounsaturated 63% polyunsaturated 10% saturated	Unrefined 225°F Semi-refined 450°F Refined 440°F	avoid using	LCFA* high in polyunsaturated, low in omega-3s especially don't use if heated
Macadamia Oil	71% monounsaturated 10% polyunsaturated 12% saturated	410°F	dips salad dressing marinades sauteing	LCFA* very expensive oil One of the healthiest oils
Walnut Oil	23% monounsaturated 63% polyunsaturated 9% saturated	320°F unrefined 400°F refined	dips salad dressing marinades	LCFA*

*Short Chain Fatty Acid (SCFA), Medium Chain Fatty Acid (MCFA), Long Chain Fatty Acid (LCFA)