



Cooking with Fats and Oils

FATS AND OILS	USES	COMMENTS
Almond Oil	Salad dressings, body care	Refrigerate
Black Currant Seed Oil	Nutritional supplement. Not for cooking or dressings	Refrigerate
Borage Oil	Nutritional supplement. Not for cooking or dressings	Refrigerate
Butter (salted)	Baking and spread	Refrigerate. Salted butter is much harder to digest than unsalted
Butter (unsalted)	Baking and spread	Refrigerate. Goes rancid more quickly than salted butter
Canola Oil	Salad dressings	Refrigerate. Often chemically contaminated. Not recommended unless organic
Coconut Oil	Baking, sautéing, frying, body care	Tasteless. Does not need refrigeration but keep cool
Corn Oil	Salad dressings	Often pesticide contaminated. Highly processed. Not recommended
Cottonseed Oil	Is often found in prepared and processed foods	Almost always chemically contaminated. TOXIC - DO NOT INGEST
Evening Primrose Oil	Nutritional supplement. Not for cooking or dressings	Refrigerate
Fish Oil	Nutritional supplement. Not for cooking or dressings	Refrigerate
Flaxseed Oil	Nutritional supplement. Can be used for salad dressings	Refrigerate
Ghee (clarified butter)	Baking, sautéing and frying	Does not need refrigeration but keep cool
Hemp Oil	Nutritional supplement. Not for cooking or dressings	Refrigerate. Usually contaminated. Not recommended unless certified organic
Margarine	Is sold for use as spread and for cooking	Harmful synthetic substance; false health claims. Not recommended
Olive Oil	Salad dressings, marinades, wine sauces, sautéing	Does not need refrigeration but keep cool
Palm Kernel Oil	Baking, sautéing and frying	Does not need refrigeration but keep cool
Peanut Oil	Marinades, salad dressings	Refrigerate. Almost always contaminated. Not recommended unless organic
Safflower Oil	Salad dressings	Refrigerate. Buy "high oleic" variety
Sesame Oil	Salad dressings	Refrigerate
Sunflower Oil	Salad dressings	Refrigerate. Buy "high oleic" variety
Wheat Germ Oil	Nutritional supplement. Not for cooking or dressings	Refrigerate

Buy only fats and oils that are certified as organic. Buy only cold-pressed oils. Do not buy oils in clear glass or plastic bottles (light destroys oils). All fats and oils, including fish oils, should taste and smell "fresh". If they do not, dispose of them. Rancid fats and oils are extremely toxic and severely interfere with normal fatty acid metabolism.