



Healthy Fats + Oils

Popular to what we used to believe a few years back good quality fat plays a huge role in our cellular health. Our cells have a membrane made un of a bi-layer of lipids (fats), how permeable and good this membrane is will determine if toxins come out and nutrients come into the cell amount other functions. When eating good fats, specially unadulterated omega 6, and a good ratio of Omega 3 and 6 will help us maintain that bi-layer optimal and flexible.

Some healthy fats we can incorporate into our diets are:

- Avocado
- Olives
- Nuts (walnuts, brazil nuts, pine nuts, hazelnuts, pecans, macadamia, almonds, cashews)
- Seeds (hemp, pumpkin, sunflower, sesame, chia, flax)
- Oils (avocado, olive, walnut, macadamia, camelina, coconut, walnut, flax, pumpkin)
- Animal fats (lard, tallow)
- Coconut meat

Some oils are meant to be used for cooking and some are better suited for no heat. Knowing what oil to use depending on what we are cooking is key to getting the best nutritional value. When oils surpass their smoke point (maximum heat temperature) they will burn and become damaged. Its been said it takes our body up to 80 days to clear our damaged oils! Here is a guide to the oils we should be using and their smoke point as well as the best uses for them.

Fat/Oil	Smoke Point	Best Uses
Avocado oil	520 F	High heat cooking, low heat cooking, dressing
Butter	300 F	High heat cooking, baking
Camelina oil	475 F	High heat cooking, sautéing
Coconut oil	350 F	High heat cooking, sauteing, baking
Duck fat	375 F	High heat cooking
Flax seed oil	225 F	Dressing, smoothies, best kept in fridge.
Ghee (clarified butter)	480 F	High heat cooking, baking
Lard (pork, bacon fat)	375 F	High heat cooking
Macadamia nut oil	410 F	Low-heat cooking, dressing
Pumpkin seed oil	250 F	Dressing, smoothies, best kept in fridge.

Olive oil (unrefined)	320 F	Low-heat cooking, dressing
Sesame oil	450 F	Dressing
Tallow (beef fat)	400 F	High heat cooking
Walnut oil	400 F	Dressing

There are different ways of describing oils, a lot of these descriptions are used for marketing reasons and its important to know which ones we want in our oils. These are the most common ones found in packagings:

Descriptor	Meaning
Refined	Treated with heat or chemicals to remove certain characteristics (smell, texture). Can destroy beneficial properties of the oils. This processed makes them more stable, increases their smoke point.
Unrefined	Made from cold-pressed source ingredients. These maintain their nutrients. Virgen and Extra Virgen oils are unrefined oils.
Extra-Virgen	Unrefined and cold-pressed, typically the first press and more acidic. These oils are best used for dressing, drizzling and dipping, they should never be heated.
Virgen	Unrefined and cold-pressed, generally from second pressing, they should be used for dressing, drizzling and dipping, they should never be heated. Not as high standards as the extra virgen oils.
Pure	Blend of refined and unrefined oils, all form first pressing. Might contain chemicals.
Cold-Pressed	Extracted using pressure only, helps retain nutritional benefits.

Tips when buying and storing oils:

- Prefer dark glass bottles.
- Store away from stove and heat sources, ideally in a dark place.
- Check labels and consider their smoke point.