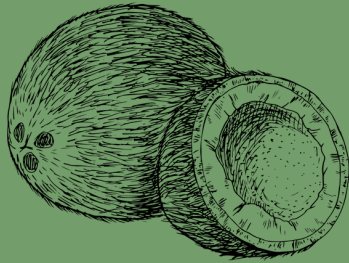


Fat + Oil Guide

HIGH HEAT



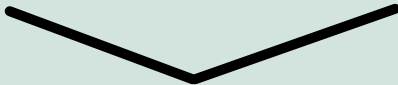
SATURATED
=
SOLID
=
SAFE TO HEAT

- coconut oil
- butter & ghee
- red palm oil
- duck fat
- goose fat
- lard
- beef tallow
- lamb tallow

LOW HEAT



MONOUNSATURATED
=
MODERATE HEAT

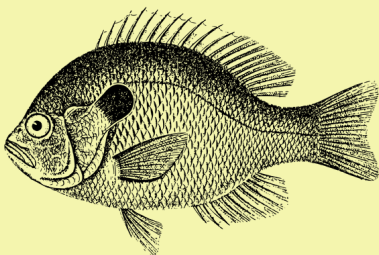


- olive oil*
- avocado oil*


**if quality, can handle higher heat because of protective polyphenol content*

- sesame oil
- macadamia oil

DO NOT HEAT



POLYUNSATURATED
=
PROTECT FRAGILITY



- almond oil
- flaxseed oil
- pumpkin seed oil
- grapeseed oil
- hemp oil
- walnut oil
- fish + cod liver oil
- any omegas

DO NOT EAT



DAMAGED
INFLAMMATORY
RANCID
TOXIC



- canola oil
- corn oil
- soybean oil
- rapeseed oil
- sunflower oil
- safflower oil
- vegetable oil
- hydrogenated oils