

Guide to **Fats & Oils**

Free  Mini-Course



Keep heat below smoke temperature indicated

High Heat (or cooler)

Avocado Oil (520°F, 270°C)
Ghee* (485°F, 250°C)
Palm Oil (450°F, 230°C)

(Sear, grill, stir-fry)
Almond Oil (430°F, 220°C)
Tallow (420°F, 215°C)



Medium Heat (or cooler)

Macadamia Oil (390°F, 200°C)
Refined Coconut Oil (400°F, 200°C)

(Bake, roast, sauté)
Lard (390°F, 200°C)
Extra Virgin Olive Oil (375°F, 190°C)



Low Heat

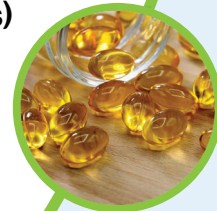
Poultry & Game Bird Fat (350°F, 190°C)
Extra Virgin Coconut Oil (350°F, 177°C)

(Bake, roast, sauté)
Sesame Oil (350°F, 175°C)
Butter* (250°F, 120°C)



No Heat NOT FOR COOKING

(Condiments, dressings, beverages)
Fish Oil Cod
Liver Oil
Flaxseed Oil (use sparingly)
MCT Oil
Truffle Oil
Cocoa Butter (can be warmed til melted)



Brain-Supportive

Avoid

“Buttery Spreads”
Canola**
Corn**
Cottonseed
Grapeseed
Hydrogenated Oils
Margarine
Partially Hydrogenated Oils
Peanut Oil

Rapeseed**
Rice Bran
Safflower
Soybean**
Sunflower
Trans fats
Vegetable Oil**
Vegetable Shortening**
Wheat Germ Oil



Problematic

Keep brain supportive oils below their smoke point temperature to ensure they do not oxidize. Consuming oxidized oils is not supportive to brain or body health.

Avoid cooking with or consuming these fats and oils. Hydrogenated oils and industrial seed oils are not supportive to brain and body health.

Many of these brain-supportive oils can be found at feedabrain.com/fat

*Butter contains milk sugars and proteins (e.g., lactose and casein) that should be eliminated for at least 30-90 days before being reintroduced and monitored. Ghee is clarified butter, but contains only trace amounts of milk sugars and proteins, and is well tolerated by almost everyone.

**At least 90% of the United States' supply of canola (rapeseed), corn, and soy are genetically modified and these oils are found in vegetable oils.