

## How to Choose a Cooking Oil



### **High temperature cooking such as searing, browning, or frying**

- Avocado oil (high in Omega 9s and Vitamin E) - up to 520 degrees F
- Rice-bran oil - up to 495 degrees F

### **Mid-temperature cooking such as baking**

- Organic Coconut oil - up to 350 degrees F
- Hemp seed oil - up to 330 degrees F

### **Use as a dressing, or in dips.**

- Unrefined walnut oil - up to 320 degrees F
- Extra virgin olive oil (high in Omega 9s) - up to 320 degrees F
- Unrefined flax seed oil (high in Omega 3s) - up to 225 degrees F

## How to Choose a Cooking Oil

*\*Whenever possible use organic, unrefined, cold-pressed oils\**