

The Cooking Oil Comparison Chart

All oils contain a variety of fatty acids. Focus on the prominent ones. Learn more: <http://bit.ly/oilchart>

Healthy

Prioritize
Ok to consume occasionally
Consume Sparingly
Avoid

If possible, buy flax and hemp oil from stores that refrigerate them.

About 1/4 monounsaturated fat. Strong flavor, goes rancid quickly.

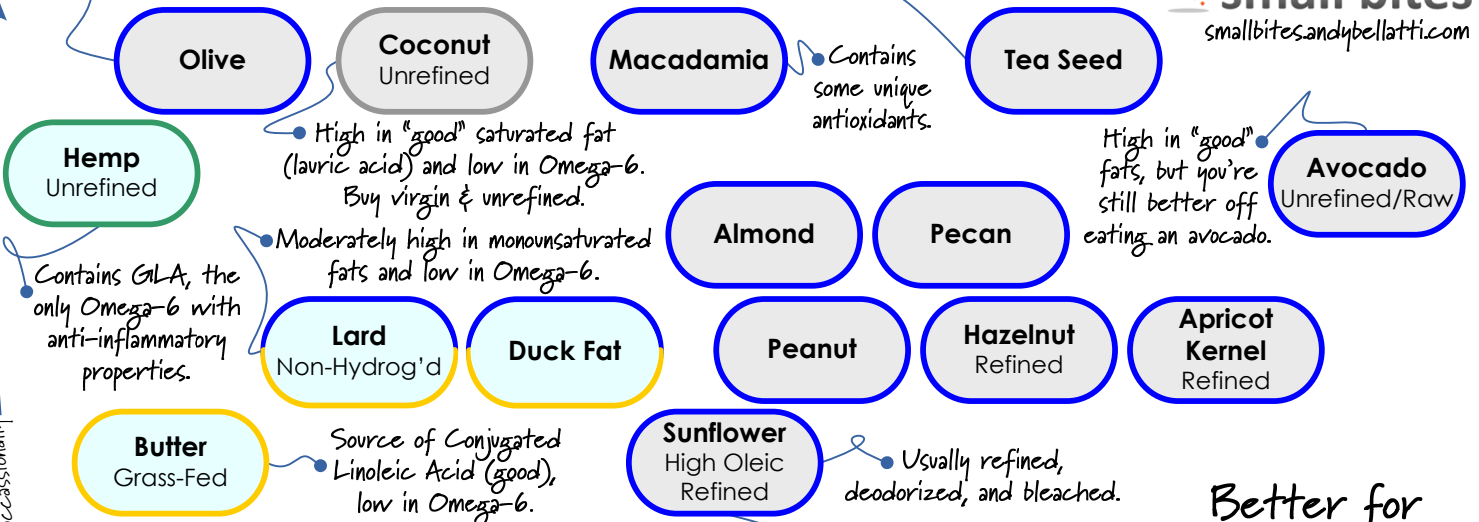
Better for Dressings
More Temperature-Sensitive

Very low in Omega-6, high in flavanoids. Buy Olive Oil in tin cans or dark glass bottles. Beware of phony olive oil - know your source!

Not to be confused with Tea Tree Oil.

Contains some unique antioxidants.

High in "good" fats, but you're still better off eating an avocado.



Unless Organic and expeller pressed, Canola is probably high in pesticides and has been genetically modified. Omega-3s exposed to high heat during processing.

Grass-Fed scores slightly higher.

Choose High Oleic over Linoleic.

Usually refined, deodorized, and bleached. Unless Organic, it's probably genetically modified.

Severe environmental concerns (otherwise it would be next to Soybean).

High in both "bad" saturated fats & Omega-6.

Contain man-made trans fats.

Usually refined, deodorized, and bleached.

For trans fat-free margarines or vegan oil spreads, average out the rankings of the oils used. Beware the trans fat loophole!

Worst Omega-3 to Omega-6 ratio of any oil.

Unless Organic, it's probably genetically modified.

Border Colors

- Green** High in Omega-3 (Good!)
- Blue** High in Monounsaturated Fats (Good!)
- Gold** High in "Bad" Saturated or Trans Fats
- Red** High in Omega-6 (Bad!)
- Gray** is neutral/meaningless

Background Colors

- Orange** Genetic Modification and/or Environmental Concerns
- Blue** Store in the refrigerator
- Gray** is neutral/meaningless