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**

- Olive
- Coconut Unrefined
- Macadamia
- Sunflower

- High in monounsaturated fats (Good!)
- High in Omega-6 (Bad!)
- Contains GLA, the only Omega-6 with anti-inflammatory properties.
- Source of conjugated linoleic acid (good), low in Omega-6.
- Usually refined, deodorized, and bleached.

- Lard Non-Hydrog’ed
- Duck Fat
- Beef Tallow Grain-Fed
- Rice Oil & Rice Bran Oil

- Butter Grass-Fed
- Canola (Rapeseed) Organic
- Sunflower Linoleic Refined

- Tends to be heavily refined at high temperatures, which may compromise the Omega-3s. Throw some walnuts on your salad instead.

- High in both bad saturated fats & Omega-6.
- Contains man-made trans fats.

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

- Grassy-Fed scores slightly higher.

**Unhealthy**

- Margarine Hydrogenated
- Coconut Hydrogenated
- Shortening
- Cottonseed
- Corn

- 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.

- Palm & Palm Kernel

**Better for Cooking**

- Sesame
- Grapeseed
- Safflower

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

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

**Better for Dressings**

- Pumpkin Seed Refined
- Butter Grain-Fed

- Ok to consume occasionally. Baking, Stir-Fry

- Tends to be heavily refined at high temperatures, which may compromise the Omega-3s. Throw some walnuts on your salad instead.

- High in both bad saturated fats & Omega-6.
- Contains man-made trans fats.

**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!)

**Background Colors**

- Orange: Genetic modification and/or Environmental concerns
- Blue: Store in the refrigerator
- Gray: Neutral/meaningless

**Small Bites**

- Eatingrules.com
- Smallbitesandybellatti.com

**Not to scale**

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