

# the skinny... ON FATS

When any fat is heated and reaches its "smoke point," it will start to visibly smoke. This means its structure is breaking down and it can turn from a healthy source of fat to an unhealthy one. When this happens, it oxidizes and becomes rancid and toxic to our bodies.

When we consume oxidized and damaged oils, they have an inflammatory effect on our cell membranes, impacting the cells' ability to let information in and out properly. Damaged oils consumed over a long period of time, without proper detoxification, can lead to chronic inflammation, autoimmune diseases, & cancers.

## HOW TO CHOOSE OIL

Oils are only as good as the source they come from. Opt for organic whenever possible. Choose extra virgin, unrefined and cold-pressed for maximum health benefits retained from the original source.

Store oils in cool, dry place away from heat and light. Try to use oils within six months of opening.

Trust your nose: if an oil has reached its smoke point during cooking or gone bad in the bottle, you can usually tell because it will smell off-putting.

## AVOID COMPLETELY

Some oils are made from GMO-crops, meaning they are extremely high in pesticides and herbicides that are then ushered directly into our bodies. They are also highly-processed and stripped of any nutritional benefits they may have started with. Avoid the following completely:

- Vegetable oil
- Canola oil
- Corn oil
- Soybean oil
- Margarine
- Spreadable butter (veg. oil is usually added)
- Cottonseed oil

## the healthiest fats and their smoke points



### 520°F Avocado Oil

Has been shown to treat osteoarthritis and stimulate cartilage growth and repair. Contains healthy fats, including oleic acid and essential fatty acids, (Price, 2015).



### 450°F Ghee (Clarified Butter)

Butter with dairy cooked out. Since sugars and proteins which would be burned are cooked out, it's more high-heat stable than butter. \*use ghee from grass-fed, hormone-free cows



### 420°F Beef Tallow

A rich source of healthy saturated fat & cholesterol, tallow can prevent skin dryness at a cellular level. Should be eaten in moderation. \*make sure it comes from grass-fed, hormone-free cows



### 400°F Coconut Oil

Rich in healthy medium chain fatty acids (MCFAs), which means it is easier to digest and burn, and not stored as fat. Antimicrobial and antifungal. Increases good cholesterol.



### 350°F Butter

Omega-3 and Omega-6 fatty acids in the proper ratios to help brain function and skin health. Rich in vitamin K2 & trace minerals. \*use butter from grass-fed, hormone-free cows



### 320°F Extra Virgin Olive Oil

High in oleic acid, which fights free radical damage (oxidative stress). Lowers risk of cancer and heart disease, and helps with weight loss.



### 0°F Walnut Oil

Store in fridge. Use in salad dressings or drizzled over veggies. Rich in Omega-3s. High in antioxidants. Source of alpha-linolenic acid (ALA) and ellagic acid.