

HOW TO USE GOOD FATS

Sautéing and Cooking

These fats have larger amounts of saturated fats and are therefore heat stable. Unlike vegetable oils with a larger percentage of polyunsaturated fats, animal-based fats will not oxidize with heat. Coconut oil and palm oil are the exception, they are heat stable and packed with metabolism-boosting medium chain triglycerides. Of course, source animal fats from pastured/grassfed, hormone free animals.

- **Butter**, preferably from pastured cows (such as Kerrygold or Organic Valley Pasture Butter)
- **Ghee**, preferably from pastured cows
- **Coconut oil**, refined or unrefined
- **Palm oil**, non-hydrogenated
- **Lard**, rendered (not from the supermarket)
- Rendered **tallow and suet** from grassfed beef
- Rendered **duck and goose fat**
- **Bacon grease** from nitrate-free bacon

Baking

Again, avoid unstable vegetable oils which are prone to oxidation. Unrefined coconut oil may lend a slight coconut flavor to baked goods, while refined coconut oil has a less pronounced flavor. Lard, with no discernible flavor, produces delightfully moist baked goods. Gently melt lard, ghee or coconut oil in a saucepan and use instead of vegetable oil in recipes.

- **Butter**, preferably from pastured cows
- **Ghee**, preferably from pastured cows
- **Coconut oil**, refined or unrefined
- **Lard**, rendered lard (not from the supermarket)

Unheated Preparations (salad dressing, drizzling)

Most vegetable oils have been processed with solvents at high heat, and are oxidized and toxic to the body. These vegetable oils are the best choices for unheated preparations:

- **Olive oil**, cold pressed and extra virgin from the U.S.
- **Sunflower Oil**, cold pressed and unrefined (in small amounts)
- **Avocado oil**, cold pressed and unrefined (store in the fridge)

Marinades

Although it is best not to heat olive oil, it is more stable than other vegetable oils and can be used for meat or vegetable marinades before cooking. Many olive oils, particularly exported from Italy, are cut with canola oil, so buy from a source you trust.

- **Olive oil**, cold pressed and extra virgin from the U.S.

Fats and Oils to Avoid

In general, choose animal fats over vegetable oils to avoid excess consumption of omega-6 fatty acids. Our modern diets contain too much of these polyunsaturated fats, and this increased consumption is linked to a host of health issues and diseases. Refined vegetable oils are heat processed with dangerous solvents, and are therefore oxidized and toxic to the body.

- **Margarines** and **butter substitutes**
- **Cottonseed oil**
- **Corn oil**
- **Canola oil**
- **Grapeseed oil**
- **Hydrogenated and partially hydrogenated oils**
- **Peanut oil**
- **Soybean oil**
- **Safflower oil**
- **Flax oil** (it is high in phytoestrogens and the human body is not efficient at converting its omega-3 fatty acids into useable form)
- **Hemp oil** (it is very high in polyunsaturated fats)