

What Are the Healthiest Oils When Cooking?



EXTRA VIRGIN OLIVE OIL

Unrefined oil full of antioxidants, nutrients and heart-healthy fats



AVOCADO OIL

Rich in vitamin E, high in monounsaturated fat and has a higher smoking point than extra virgin olive oil

SESAME OIL

Contains sesamol and sesaminol antioxidants which are good for the heart; studies suggest regular use may improve blood sugar management¹



SAFFLOWER OIL

Low in saturated fat and may offer inflammation reducing benefits; often recommend for blood sugar and cholesterol management

SUNFLOWER OIL

High in vitamin E and omega-6 fatty acids, but should be used in moderation



GRAPESEED OIL

Low in saturated fat and high in vitamin E and omega-6 polyunsaturated fatty acids

COCONUT OIL

Although it's often used to reduce bad cholesterol and increase metabolism, it is high in saturated fat



Not every oil is great for cooking. Both flaxseed oil and walnut oil can have positive health benefits, but they also have low smoke points.

Healthy oils for cold food preparation:

- Flaxseed Oil
- Walnut Oil

Some oils, like fish oil or algae oil, which are rich in omega-3 and omega-9 fatty acids, are primarily intended to function as dietary supplements and shouldn't be used for cooking.

NEED ADVICE ON HEALTHIER EATING HABITS?
TALK WITH AN OPTIMUM HEALTH REHAB NUTRITIONAL THERAPISTS
CALL US AT 877-704-1761

OptimumHealth

¹<https://pubmed.ncbi.nlm.nih.gov/30260748/>