

# Characteristics of Various Oils

Oil	Characteristics	Smoke Point*
Almond	Distinctive nutty flavor. High in monounsaturated fatty acids.	High
Avocado	Sweet aroma. High in monounsaturated fatty acids. Cold-pressed is less refined and contains antioxidants and other beneficial plant chemicals.	High
Canola (rapeseed)	Neutral flavor. Extremely versatile. Contains some omega-3 fatty acids. Contains monounsaturated fatty acids. Often highly refined.	Medium-high
Chia seed	High in omega-3 fatty acids. Keep refrigerated.	No heat
Coconut	Contains medium-chain triglycerides (MCTs); 91% saturated fat. Cold-pressed has more nutrients than refined.	Medium
Corn	High in omega-6 fatty acids.	Medium
Cottonseed	High in omega-6 fatty acids.	High
Flaxseed	Best oil source of omega-3 fatty acids. High in monounsaturated fatty acids. Keep refrigerated.	No heat
Grapeseed	High in omega-6 fatty acids. Mild flavor. All-purpose.	Medium-high
Hazelnut	Bold, strong flavor. Has more monounsaturated fats than olive oil.	High
Hemp	High in polyunsaturated fats. Contains omega-3 fatty acids. Keep refrigerated.	Medium
Macadamia nut	Bold flavor. High in monounsaturated fatty acids.	Medium-high
Olive, extra virgin	High in monounsaturated fatty acids. Minimally processed. Contains antioxidants and stanols. Fruity, tangy, bold flavor.	Medium-high
Olive, refined	High in monounsaturated fatty acids. Lighter in color and better for all-purpose cooking than extra virgin. Mild flavor.	High
Palm/red palm	High in saturated fats. Red palm oil is less processed and has more carotene and other beneficial plant chemicals.	High
Palm kernel	From a different part of the plant than palm oil, and higher in saturated fat. Contains MCTs.	High
Peanut	Great for stir-frying. Cold-pressed is less refined. Nutty yet mild. Contains heart-healthy phytosterols.	Medium-high
Pumpkin seed	Contains omega-3 fatty acids.	Medium
Safflower	Naturally high in omega-6 fatty acids. Often modified to be high in monounsaturated fatty acids (high-oleic).	High
Sesame	Dark has a bold, nutty flavor. Light is nutty. Popular for Asian cooking. Keep refrigerated.	Medium
Soybean	High in omega-6 fatty acids.	Medium
Sunflower	Naturally high in polyunsaturated fatty acids. Often modified to be high in monounsaturated fatty acids (high-oleic).	High
Tea Seed	Subtle nutty flavor. Contains vitamin E and tea polyphenols. Source of monounsaturated fatty acids.	High
Walnut	High in polyunsaturated fatty acids. Good source of omega-3 fatty acids. Rich nutty flavor. Short shelf life.	Medium
Wheat germ	Rich in omega-6 fatty acids. Keep refrigerated.	No heat

\*High smoke point: Searing, browning, and deep-frying.

Medium-high smoke point: Best for baking, oven cooking, or stir-frying.

Medium smoke point: Best for light sautéing, sauces, and low-heat baking.

No heat: Best for making dressings, dips, or marinades.

## SOURCES

1. HEALTHY COOKING OILS BUYER'S GUIDE. WEBMD WEBSITE. [HTTP://WWW.WEBMD.COM/FOOD-RECIPES/FEATURES/HEALTHY-COOKING-OILS-BUYERS-GUIDE?PAGE=2](http://www.webmd.com/food-recipes/features/healthy-cooking-oils-buyers-guide?page=2)
2. HEALTHY COOKING OILS 101. AMERICAN HEART ASSOCIATION WEBSITE. [HTTPS://WWW.HEART.ORG/HEARTORG/GETTINGHEALTHY/NUTRITIONCENTER/HEALTHYCOOKING/HEALTHY-COOKING-OILS-101\\_UCM\\_445179\\_ARTICLE.JSP#](https://www.heart.org/heartorg/gettinghealthy/nutritioncenter/healthycooking/healthy-cooking-oils-101_ucm_445179_article.jsp#). UPDATED NOVEMBER 14, 2014.
3. HEART-HEALTHY COOKING: OILS 101. CLEVELAND CLINIC WEBSITE. [HTTP://HEALTH.CLEVELANDCLINIC.ORG/2014/10/HEART-HEALTHY-COOKING-OILS-101/](http://health.clevelandclinic.org/2014/10/heart-healthy-cooking-oils-101/). UPDATED OCTOBER 1, 2014.
4. FOODS HIGHEST IN TOTAL OMEGA-6 FATTY ACIDS. SELF.COM WEBSITE. [HTTP://NUTRITIONDATA.SELF.COM/FOODS-0001410000000000000000-W.HTML](http://nutritiondata.self.com/foods-0001410000000000000000-w.html)
5. FOODS HIGHEST IN TOTAL OMEGA-3 FATTY ACIDS. SELF.COM WEBSITE. [HTTP://NUTRITIONDATA.SELF.COM/FOODS-0001400000000000000000.HTML](http://nutritiondata.self.com/foods-0001400000000000000000.html)
6. FOODS HIGHEST IN MONOUNSATURATED FAT. SELF.COM WEBSITE. [HTTP://NUTRITIONDATA.SELF.COM/FOODS-0000320000000000000000.HTML](http://nutritiondata.self.com/foods-0000320000000000000000.html)
7. ARETTE TEA SEED OIL. ARETTE FOODS WEBSITE. [HTTP://WWW.ARETTEORANGIC.COM/PRODUCT\\_OIL.HTM](http://www.aretteoranic.com/product_oil.htm)
8. COOKING OIL SMOKE POINTS. THE NIBBLE WEBSITE. [HTTP://WWW.THENIBBLE.COM/REVIEWS/MAIN/OILS/SMOKE-POINT2.ASP](http://www.thenibble.com/reviews/main/oils/smoke-point2.asp)