

## Appendix B

<b>Cooking Oils / Fats</b>	<b>Smoke Point °F</b>	<b>Omega-6: Omega-3 Ratio (plus other relevant fat information)</b>
Flaxseed oil	225°F	1:4
Safflower oil	225°F	133:1
Sunflower oil	225°F	40:1
Corn oil	320°F	83:1
High-oleic sunflower oil	320°F	40:1, 84% monosaturated
Extra virgin olive oil	320°F	9:1, Low in Saturated fat, 73% monounsaturated, high in Omega 9
Semirefined safflower oil	320°F	133:1, (75% Omega 9)
Soy oil	320°F	8:1 (most are GMO)
Walnut oil	320°F	5:1
Hemp seed oil	330°F	3:1
Butter	350°F	Very little Omegas, mostly saturated fat
Canola oil	350°F	2:1, [ (56% Omega 9), 80% Canola is GMO.]
Coconut oil	350°F	86% saturated fat, lauric acid. Not considered a healthy choice. Claimed to have MCTs that are healthier for you, but the science does not support this
Sesame oil	350°F	138:1
Semirefined soy oil	350°F	8:1
Vegetable shortening	360°F	mostly unhealthy saturated, Trans Fat
Lard	370°F	11:1 high in saturated fat
Macadamia nut oil	390°F	1:1, 80% monounsaturated, (83% Omega-9)
Canola oil (Expeller Pressed)	400°F	2:1, 62% monounsaturated, 32% polyunsaturated
Refined canola oil	400°F	3:1, 80% of Canola in US in GMO.
Semirefined walnut oil	400°F	5:1
High quality (low acidity) extra virgin olive oil	405°F	9:1, 74% monosaturated (71.3% Omega 9)
Sesame oil	410°F	42:1
Cottonseed oil	420°F	54:1
Grapeseed oil	420°F	676:1, (12% saturated, 17% monounsaturated)
Virgin olive oil	420°F	13:1, 74% monosaturated (71.3% Omega 9)
Almond oil	420°F	Omega-6 only
Hazelnut oil	430°F	75% monosaturated (no Omega 3, 78% Omega 9)
Peanut oil	440°F	32:1
Sunflower oil	440°F	40:1
Refined corn oil	450°F	83:1
Palm oil	450°F	46:1, mostly saturated and monosaturated
Palm kernel oil	450°F	82% saturated (No Omega 3)
Refined high-oleic sunflower oil	450°F	39:1, 84% monosaturated
Refined peanut oil	450°F	32:1
Semirefined sesame oil	450°F	138:1
Refined soy oil	450°F	8:1 (most are GMO)
Semirefined sunflower oil	450°F	40:1
Olive pomace oil	460°F	74% monosaturated, high in Omega 9
Extra light olive oil	468°F	9:1, 74% monosaturated, high in Omega 9
Rice Bran Oil	490°F	21:1, Good source of vitamin E & antioxidants
Refined Safflower oil	510°F	133:1 (74% Omega 9)
Avocado oil	520°F	12:1, 70% monosaturated, (68% Omega-9 fatty acids) High in vitamin E.