

Culinary Nutrition Guide

CHOOSING OILS

- S** Saturated Fat
- M** Mono-unsaturated Fat
- P** Poly-unsaturated Fat

	TYPE	TEMP	USE	STORE
Ghee (clarified butter)	S		Butter replacement	Cool/dark place for up to 3 months, or fridge for up to a year
Coconut Oil	S		Butter replacement/ Baking/Hot drinks/ Body care	Cool/dark place
Avocado Oil	M		Sautéing/Stir fry/ Dips/Sauces/ Dressings	Cool/dark place
Sesame Oil	M		Asian-inspired dishes	Cool/dark place
Olive Oil	M		Light sautéing/ Dips/Sauces/ Dressings	Cool/dark place
Flax Oil	P		Drizzle over salads, whole grains & fish/ Dips/Smoothies	Fridge/Freezer
Hemp Oil	P		Drizzle over salads, whole grains & fish/ Dips/Smoothies	Fridge/Freezer
Chia Oil	P		Drizzle over salads, whole grains & fish/ Dips/Smoothies	Fridge/Freezer
Walnut Oil	P		Drizzle over salads, whole grains & fish/ Dips/Smoothies	Fridge/Freezer



BEST OILY Practices

- Buy in small bottles to keep fresh as long as possible
- Buy oils sold in glass, not plastic
- Buy organic
- Buy only cold pressed/unrefined oils
- Store in a cool dark place
- Keep all polyunsaturated oils in the fridge

THE NEVER EVER

Industrial Polyunsaturated Oils

Though you may find some of these oils in cold-pressed, organic versions, you want to avoid them when found in processed food or in giant large plastic bottles.

