



FATS AND OILS

Are you due for an oil change? It's time to toss processed and refined fats and oils in the garbage where they belong. Many are unaware they are eating damaged fats. Sticking to this list of fats decreases intake of inflammatory Omega-6 fats and increases intake of antiinflammatorty Omega-3 fats.

Oils = buy organic + extra-virgin + cold-pressed
Animal fats = buy pasture-raised + grass fed + organic products

FOR COLD USES

- Olive oil
- Sesame oil
- Macadamia nut oil
- Walnut oil
- Avocado oil
- Flaxseed oil *

FOR HOT USES

- Coconut Oil
- Palm Oil
- Butter
- Ghee, clarified butter
- Tallow (beef fat)
- Duck fat
- Schmaltz (chicken fat)
- Full-fat dairy

AVOID

- Margarine
- Canola oil (Rapeseed)
- Corn oil
- Vegetable oil
- Soybean oil
- Grapeseed oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Shortening

* Flaxseed oil intake should be limited to occasional use. Use as a daily supplement is not recommended. It is too high in omega-6 – PUFA (polyunsaturated fats). It is very unstable and goes rancid very quickly, even in the fridge.