

Good Fats, Bad Fats Cheatsheet

Fats to Eat & Avoid		
Eat Liberally	Eat in Moderation	Avoid
Coconut oil	Sesame oil	Soybean oil
Palm oil	Walnut oil	Peanut oil
Olive oil	Pecan oil	Corn oil
Ghee	Almond oil	Safflower oil
Lard	Flaxseed oil**	Wheat-germ oil
Tallow (beef and lamb)	Avocado oil	Canola oil
Duck fat	Nuts and seeds	Sunflower oil
Dairy fat	Nut butters	Cottonseed oil
Chicken fat (schmaltz)*		Grape-seed oil
Eggs		Rice bran oil
Macadamia Oil		

The **smoke point** of an oil is the temperature at which an oil starts to degrade and form harmful chemicals. If you are cooking with high heat such as sautéing or frying, choose an oil with a higher smoke point.

Smoke Point of Various Fats for Cooking	
Type of Fat	Smoke Point (°F)
Avocado oil (extra virgin)	490
Ghee	485
Olive oil (extra light)	468
Palm oil	455
Coconut oil (expeller pressed)*	450
Macadamia oil	413
Beef tallow	400
Duck fat	375
Lard	370



Smoke Point of Various Fats for Cooking	
Type of Fat	Smoke Point (°F)
Coconut oil (extra virgin)	350
Olive oil (extra virgin)	320
Butter	250–300

* Higher in omega-6 fatty acids; consume in moderation

** Flaxseed oil is fine for occasional use in but is not recommended as a supplement

Reference: Moreau RA. Gourmet and health-promoting specialty oils. Urbana, IL: AOCS Press; 2010.