VITALS VAULT

FREE GUIDE

# The cooking oil and heat chart

A fridge-door chart that matches the way you cook to the heat an oil can take. Always trust the label on your own bottle over any general chart.

## TYPICAL HOME HEAT BY METHOD

| Method | Typical heat | Oils whose range reaches it |
|---|---|---|
| **Roast or bake** | 300 to 400 F | Olive oil, avocado, rice bran, tallow |
| **Saute** | 350 to 400 F | Light olive, avocado, rice bran, tallow |
| **Pan fry** | 325 to 400 F | Light olive, avocado, rice bran, tallow |
| **Deep fry** | 350 to 375 F | Light olive, avocado, rice bran, ghee |
| **Pan sear** | 400 to 450 F | Light olive, avocado, rice bran, ghee |
| **Stir-fry** | 500 F or more | Check the bottle; refined avocado is highest |
| **Dressings and dips** | No heat | Extra-virgin olive, unrefined walnut |

## ROUGH SMOKE POINTS

| Oil | Smoke point | Bottle says |
|---|---|---|
| **Refined avocado** | 450 to 520 F | |
| **Ghee** | 450 to 485 F | |
| **Butter** | 250 to 350 F | |
| **Unrefined coconut** | 280 to 350 F | |
| **Extra-virgin olive** | 320 to 406 F | |
| **Unrefined walnut** | 305 to 320 F | |

## MY KITCHEN: TICK WHAT IS TRUE

- [ ] Oil in dark glass or a tin
- [ ] Lid is tight
- [ ] Kept away from the stove
- [ ] Kept away from light
- [ ] Not poured over a hot pan
- [ ] Reused oil is thrown out

## QUESTIONS TO ASK

- [ ] Which cooking fats fit my cholesterol and heart results?
- [ ] Do my triglycerides suggest changing how I cook?
- [ ] Which fats should I use if I eat fried food often?
- [ ] How soon should I recheck my lipids?

Sources: Smoke points are rough ranges that vary by brand and fall as oil ages or is reused. Our own chart from a cooking-fats guide.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com