

HOW TO CHOOSE AND BEST TO USE

HEALTHY COOKING



CHOOSE

Polyunsaturated fats

Beneficial for heart health when eaten in moderation and used to replace saturated fat or trans-fat in your diet; also provide essential fats your body can't produce, such as omega-6 and omega-3; and contribute vitamin E to the diet, an antioxidant vitamin.

Oils higher in polyunsaturated fats:

- Corn oil
- Soybean oil
- Sunflower oil
- Walnut oil

Monounsaturated fats

Beneficial for heart health when eaten in moderation and used to replace saturated fat or trans-fat in your diet; these oils also contribute vitamin E to the diet, an antioxidant vitamin.

Oils higher in monounsaturated fats:

- Canola oil
- Olive oil
 - Extra-virgin*
 - Light
 - Virgin
- Peanut oil
- Sesame oil
- Safflower oil

**Not good for cooking at higher temperatures*

AVOID

Saturated fats

Can raise unhealthy cholesterol in your blood, increasing risk for heart disease and stroke; occur naturally in many foods.

Examples include:

- Animal fats
- Butter
- Lard
- Coconut oil
- Palm oil
- Palm kernel oil

STORAGE

Exposure to heat, light and oxygen can remove cooking oil's heart-healthy properties.

To store:

- Keep in tightly-sealed containers
- Store in a dark cupboard or dark bottle away from heat sources

