

# Guide to Fats & Oils

Free  Mini-Course



Keep heat below smoke temperature indicated

## High Heat (or cooler)

Avocado Oil (520°F, 270°C)  
Ghee\* (485°F, 250°C)  
Palm Oil (450°F, 230°C)

(Sear, grill, stir-fry)  
Almond Oil (430°F, 220°C)  
Tallow (420°F, 215°C)



## Medium Heat (or cooler)

Macadamia Oil (390°F, 200°C)  
Refined Coconut Oil (400°F, 200°C)

(Bake, roast, sauté)  
Lard (390°F, 200°C)  
Extra Virgin Olive Oil (375°F, 190°C)



## Low Heat

Poultry & Game Bird Fat (350°F, 190°C)  
Extra Virgin Coconut Oil (350°F, 177°C)

(Bake, roast, sauté)  
Sesame Oil (350°F, 175°C)  
Butter\* (250°F, 120°C)



## No Heat NOT FOR COOKING

(Condiments, dressings, beverages)  
Fish Oil  
Cod Liver Oil  
Flaxseed Oil (use sparingly)  
MCT Oil  
Truffle Oil  
Cocoa Butter (can be warmed til melted)



Brain-Supportive

**Avoid**

“Buttery Spreads”  
Canola\*\*  
Corn\*\*  
Cottonseed  
Grapeseed  
Hydrogenated Oils  
Margarine  
Partially Hydrogenated Oils  
Peanut Oil

Rapeseed\*\*  
Rice Bran  
Safflower  
Soybean\*\*  
Sunflower  
Trans fats  
Vegetable Oil\*\*  
Vegetable Shortening\*\*  
Wheat Germ Oil



**Problematic**

Keep brain supportive oils below their smoke point temperature to ensure they do not oxidize. Consuming oxidized oils is not supportive to brain or body health.

Avoid cooking with or consuming these fats and oils. Hydrogenated oils and industrial seed oils are not supportive to brain and body health.

Many of these brain-supportive oils can be found at [feedabrain.com/fat](http://feedabrain.com/fat)

\*Butter contains milk sugars and proteins (e.g., lactose and casein) that should be eliminated for at least 30-90 days before being reintroduced and monitored. Ghee is clarified butter, but contains only trace amounts of milk sugars and proteins, and is well tolerated by almost everyone.

\*\*At least 90% of the United States' supply of canola (rapeseed), corn, and soy are genetically modified and these oils are found in vegetable oils.