

Fats

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, meat, and seafood		Rice bran oil
Macadamia Oil		

Smoke Point of Various Fats for Cooking	
TYPE OF FAT	SMOKE POINT (°F)
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
Coconut oil (extra virgin)	350
Olive oil (extra virgin)	320
Butter	250–300