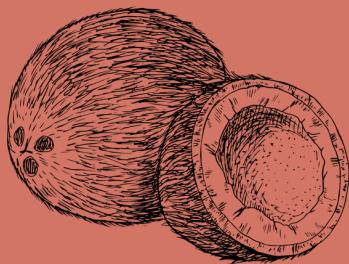


# FAT & OIL GUIDE

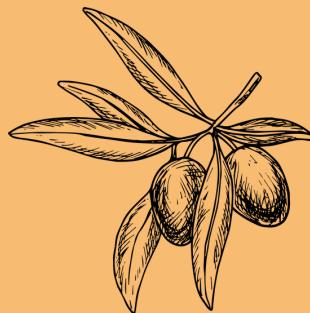
HIGH HEAT



SATURATED  
=  
SOLID  
=  
SAFE TO HEAT

- coconut oil
- butter & ghee
- red palm oil
- duck fat
- goose fat
- lard
- beef tallow
- lamb tallow

LOW HEAT



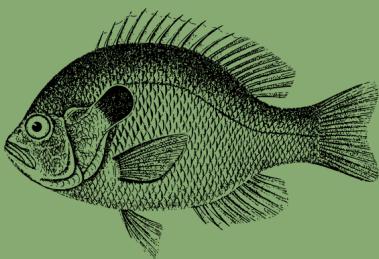
MONOUNSATURATED  
=  
MODERATE HEAT

- olive oil\*
- avocado oil\*

\*if quality, can handle higher heat because of protective polyphenol content

- sesame oil
- macadamia oil

DO NOT HEAT



POLYUNSATURATED  
=  
PROTECT FRAGILITY

- almond oil
- flaxseed oil
- pumpkin seed oil
- grapeseed oil
- hemp oil
- walnut oil
- fish & cod liver oil
- any omegas

DO NOT EAT



DAMAGED  
INFLAMMATORY  
RANCID  
TOXIC



- canola oil
- corn oil
- soybean oil
- rapeseed oil
- sunflower oil
- safflower oil
- vegetable oil
- hydrogenated oils