

Oil	Smoke Point	Uses
Pumpkin Seed Oil	320°F	Best used for no heat cooking; dressings, dips
Walnut Oil (Unrefined)	320°F	Salad dressings Add to cold dishes to enhance flavor
Organic Virgin Coconut Oil	350°F	Low to medium heat cooking, sautéing, salad oils/dressings Substitute for processed oils/butters
Red Palm Oil (Virgin, Unrefined)	350°F	Medium heat cooking, sautéing and frying, cooking/drizzling on popcorn
Extra Virgin Olive Oil	375°F	Low to medium heat cooking, sautéing, salad oils/dressings Substitute for processed vegetable oils
Macadamia Nut Oil	390°F	Low heat cooking, sautéing, salad dressings
Almond Oil	420°F	Medium-high heat cooking, sautéing, frying
Grapeseed Oil	420°F	Medium-high heat cooking, sautéing, grilling Mild flavor
Sesame Oil	450°F	High heat cooking, deep frying
Avocado Oil	520°F	High heat cooking, sautéing, frying