

Cooking Oil Guide

This cooking oil chart includes the highest quality oils best used in cooking. Higher quality oil equals more nutrition and flavor.

For high temperature cooking, select cooking oil with a high smoke point. Heating an oil above its smoke point produces toxic fumes and harmful free radicals. Usually the more refined the oil the higher the smoke point. High quality oils tend to have lower smoke points and contain more flavor and nutrition.

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