

	USES	SMOKE TEMP °F	OMEGA 6 to 3	LINOLEIC %	SAT FAT %
ALMOND	cooking, salads, skin	520°	only omega 6	14	8
AVOCADO	cooking, salads, skin	400°	12 to 1	14	20
BUTTER	cooking	350°	9 to 1	2	65
CANOLA	*	400°	2 to 1 most refined:-{	21	7
COCONUT	cooking, frying, skin, hair	350°	2 to 1	2	92
CORN	*	320°	83 to 1	51	13
GHEE	cooking, frying	450°	0 to 0	?	65
GRAPESEED	*	400°	?	73	9
HAZELNUT	cooking, salads	430°	78% omega 9 no omega 3	7	10
HEMP	skin	330°	3 to 1	60	8
LARD	*	360°	?	10	44
OLIVE-extra virgin	salads, skin	320°	high in omega 9	9	15
OLIVE-refined	cooking	400°	high in omega 9	10	15
PEANUT	frying	440°	32 to 1	32	19
PALM	frying	420°	46 to 1	10	82
SAFFLOWER	*	225°	40 to 1	78	9
SESAME	cooking	350°	138 to 1	45	14
SOY	*	320°	8 to 1 most GMO:-{	51	15
SUNFLOWER	*	440°	40 to 1	68	12
VEGETABLE	*	360°	most refined:-{	65	?
WALNUT	salads	320°	5 to 1	51	14