

# Choosing the best oils

Advice to limit your intake of saturated fat is unequivocal, but it may not be immediately obvious which oils should be chosen for cooking, since they all contain a combination of saturated, monounsaturated, and polyunsaturated fats. The graph (*right*) ranks vegetable oils according to their monounsaturated fat content and will help you make the healthiest choices.

Whichever one you choose, remember that oil is 100 percent fat, and one tablespoon equals 100 calories. If you are trying to control your weight, you should limit all fat intake.

When choosing oil for cooking, look for one with a high smoking point to minimize the risk of unpleasant odors, impaired flavor, and reduced vitamin content. Some oils, such as corn and peanut oils, are suitable for heating to high temperatures, but olive oil is not.

Source:

***Nutrition for Life*** by Lisa Hark, PhD, RD and Darwin Deen, MD

Copyright 2005 Dorling Kindersley, New York, USA.

**All Rights Reserved. Permission required to reproduce in any form.**

<http://www.nutritionforlifebooks.com>

**Which oil?** It is easy to see from this graph that coconut oil is particularly high in saturated fat. It should be avoided in favor of healthier oils such as olive and canola, which are high in beneficial monounsaturated and polyunsaturated fats.

## Key



## THE FAT CONTENT OF VEGETABLE OILS

