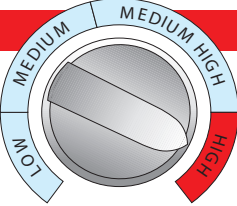
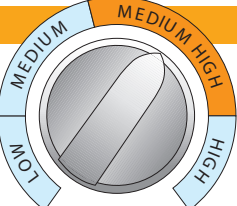
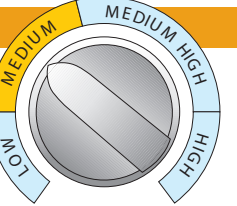
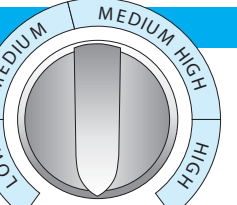


What Oil Do I Use To Cook With?

Different oils have different uses, and each performs best within a certain range of temperatures. Some are made for high heat cooking, while others have intense flavors that are best enjoyed by drizzling directly on to food. The guide below shows the smoke point for each type of oil.

SMOKE POINT An oil's smoke point indicates how high a heat the oil can take before it begins to smoke. When an oil smokes, it releases carcinogens into the air and free radicals within the oil. For the healthiest approach, discard any oil that has gone beyond its smoke point. **All oils are refined except where designated with an asterisk.**

	Uses	Oil Type	Smoke Point
 <p>UP TO 510°F</p>	ALL PURPOSE COOKING Oils with a high 'smoke point' are ideal for sautéing, frying, and other high heat applications.	HIGH HEAT OILS Avocado Almond Apricot Kernel Canola (Super High Heat) Safflower (Super High Heat) Sunflower Palm Fruit Safflower, High Oleic Sesame	510°F 495°F 495°F 460°F 460°F 460°F 450°F 445°F 445°F
	 <p>UP TO 425°F</p>	BAKING & SAUTÉING Oils with medium-high smoke point are best for sautéing at medium- high heat or, because of their natural flavor, for baking.	MEDIUM HIGH HEAT OILS Canola Grapeseed Walnut Safflower, High Oleic* Coconut Soy
 <p>UP TO 350°F</p>	LIGHT SAUTÉING & SAUCES Medium heat oils normally have fuller flavors, making them ideal for sauces and salad dressings, or for sautéing at medium heat where the oil's flavor is intended as an important part of the finished dish.	MEDIUM HEAT Sesame* Peanut* Toasted Sesame* Olive* Corn* Coconut*	350°F 350°F 350°F 325°F 320°F 280°F
 <p>NO HEAT</p>	Oils with low smoke points have such rich, robust flavor and fragile structure that they're best poured directly onto a finished dish, or blended into a dressing, simple sauce or taken directly.	Borage* Evening Prim Rose* Flax Oil* Enriched Flax Oil* Ultra Enriched Flax Oil* Wheat Germ*	225°F 225°F 225°F 225°F 225°F 225°F