

High-heat cooking oils (most stable fats, slow oxidation rate)

% SFA	% MUFA	% PUFA	Omega 6 : Omega 3 ratio	Smoke point (unrefined) [F] / [C]	Shelf life (months) once opened
Lard and bacon fat (pork fat)					
Low in PUFA, good source of vitamin D. Avoid processed hydrogenated lard containing trans fats!					
40	45	11	12 : 1	365 / 185	12
Tallow (beef or mutton fat), grass-fed					
Very favorable n-6 : n-3 ratio for grass-fed animals (1.5 : 1). Worse n-6 : n-3 ratio for grain-fed animals (12 : 1)					
47	41	8	1.5 : 1	400 / 200	12
Duck Fat					
Very favorable n-6 : n-3 ratio for grass-fed animals (1.5 : 1). Worse n-6 : n-3 ratio for grain-fed animals (12 : 1)					
33	50	13	12 : 1	375 / 190	12
Goose Fat					
Very favorable n-6 : n-3 ratio for grass-fed animals (1.5 : 1). Worse n-6 : n-3 ratio for grain-fed animals (12 : 1)					
28	57	11	12 : 1	375 / 190	12
Chicken Fat					
Very favorable n-6 : n-3 ratio for grass-fed animals (1.5 : 1). Worse n-6 : n-3 ratio for grain-fed animals (12 : 1)					
30	45	21	12 : 1	375 / 190	12
Ghee (Clarified butter)					
Ghee is clarified butter, lactose and casein free, very stable with high smoke point.					
65	32	3	1 : 1	485 / 250	12
Butter					
Opt for grass-fed, hormone and antibiotic free butter. Butter has medium-low smoke point.					
65	32	3	1 : 1	350 / 175	2 - 4 weeks (fridge)
Coconut oil					
Very low in PUFA, very stable oil, High in fat-burning MCTs.					
87	6	2	2 : 1	350 - 450 / 175 - 230	12 / 24
Cocoa butter					
One of the most stable oils with a very long shelf life of 2-5 years!					
60	33	3	3 : 1	365 / 185	24 / 60
Red Palm Oil					
Very low in PUFA, very stable oil, high in vitamin A, CoQ10, vitamin E.					
52	39	10	2 : 1	450 / 230	12

Cold Use & Light Cooking (moderately stable fats, moderate oxidation rate)

% SFA	% MUFA	% PUFA	Omega 6 : Omega 3 ratio	Smoke point (unrefined) [F] / [C]	Shelf life (months) once opened
Avocado Oil					
Great in salads or for light cooking (use to finish your recipes or after cooking), sources of vitamin E, very high in heart-healthy MUFA, great for skin and hair.					
11	71	14	12 : 1	520 / 270	12
Extra Virgin Olive Oil (EVOO)					
Great in salads or fro light cooking (use to finish your recipes or after cooking), sources of vitamin E, very high in heart-healthy MUFA, great for skin and hair.					
14	73	11	11 : 1	375 / 190	6
Macadamia Oil					
Great in salads or for light cooking (use to finish your recipes or after cooking), sources of vitamin E, very high in heart-healthy MUFA, great for skin and hair.					
16	83	1	2 : 1	410 / 210	6 / 12

Cold use only (unstable fats, fast oxidation rate)

% SFA	% MUFA	% PUFA	Omega 6 : Omega 3 ratio	Smoke point (unrefined) [F] / [C]	Shelf life (months) once opened
Sesame Oil					
Contains unique antioxidants that are not destroyed by heat. It's a good source of vitamin E and K, high in omega 6, use sparingly after cooking and in salads.					
15	40	45	45 : 1	400 / 200	2 / 4
Fish Oil (average values)					
Fish oil should never be used for cooking and should be refrigerated. It's usually consumed in the form of supplement (don't heat). It contains no omega 6 fatty acids! Cod liver oil (best fermented) is very high in vitamin A, E, D and K.					
20 / 30	27 / 57	15 / 40	1 : 6 / 1 : 8	235 / 110	12
Krill Oil					
Omega 3s in krill oil are identical to the lipids in the human cell membrane and hence do not need to be converted like they do in case of fish oil. It's usually consumed in the form of supplement. Do NOT heat!					
20 / 31	27 / 58	15 / 41	1 : 12	235 / 110	12
Hazelnut Oil					
High in MUFA but also PUFA (omega 6) - use sparingly and don't heat.					
10	75	15	15 : 1	425 / 215	3
Almond Oil					
High in MUFA but still contains omega 6 fatty acids - use sparingly and don't heat.					
7	65	28	28 : 1	430 / 220	6 / 12
Walnut Oil					
High in omega 6 and is very unstable - use sparingly and don't heat.					
9	28	63	7 : 1	320 / 160	2 / 4
Flaxseed Oil					
Once opened, only lasts for 2 months. ALWAYS has to be refrigerated and can NEVER be used for cooking. After 2 months, can be used on your wood furniture for polishing. Although high in omega 3, most of it comes from ALA, which is a type of omega 3 your body cannot effectively convert to the type of omega 3s it needs (EPA and DHA).					
9	18	73	0.3 : 1	225 / 110	2
Hemp Seed Oil					
Like flaxseed oil, should be refrigerated. ALWAYS has to be refrigerated and can NEVER be used for cooking. Rich in omega 3 fatty acids but most of it ALA, the type of omega 3 our body cannot effectively convert to the type of omega 3s it needs (EPA and DHA).					
10	15	75	2.5 : 1	225 - 300 / 110 - 150	2 / 4
Pistachio Oil					
High in MUFA and omega 6 - use sparingly and don't heat.					
15	54	31	31 : 1	325 - 350 / 160 - 175	6
Pumpkin Seed Oil					
Low smoke point, high in omega 6 - use sparingly and don't heat. It may interfere with some blood clotting medications (consult with your doctor before use).					
17	20	63	20 : 1	250 / 120	6 / 12
Peanut Oil					
Possibly cold uses and for finishing meals, BUT: Peanuts are not paleo-friendly (legumes contain phytates, lectins and may contain aflatoxin). It's high in MUFA but also omega 6 - if not avoided, use sparingly. Keep in mind high smoke point or 450 F only refers to the REFINED version. It may contain herbicide and pesticide residues!					
17	46	32	34 : 1	275 - 300 / 135 - 150	6