

Cooking Oils

Your guide to the different cooking oils available

Oil	Top Temps	Neutral Flavour?	Common Uses	Pros / Cons
Olive (extra virgin)	166°C 331°F	No	Cooking, salad dressings	Packed with omega fats, vitamin E, and antioxidants.
Coconut	176°C 350°F	No	Baked goods, desserts, sautéing, frying.	Rich with medium-chain fatty acids, other healthy acids & antioxidants.
Walnut	205°C 400°F	No	Salad dressings, added to cold dishes to enhance flavour	A great way to boost omega fatty acid intake. Drizzle on salads & meat proteins.
Canola	205°C 400°F	Yes	Frying, baking, salad dressings	Typically, a GMO and often highly processed. A fast-food chain favourite however it should be avoided if possible.
Sesame	210°C 410°F	No	Cooking, sauces	Used mainly in Asian cuisine. It is packed with antioxidants and omega-6 fatty acids.
Grapeseed	215°C 420°F	Yes	All purposes cooking, salad dressings, baking	Has a clean, light taste, and high polyunsaturated fat content.
Almond	215°C 420°F	No	Baking, sauces, flavouring	It is packed with monounsaturated fatty acids.
Peanut	232°C 450°F	Yes	Frying, deep frying, cooking, salad dressings	Typically reserved for deep frying but it is relatively high in saturated fats.
Rice Bran	232°C 450°F	Yes	Frying, deep frying, sautéing	Has been found to significantly decrease total cholesterol.
Soyabean	232°C 450°F	Yes	All purpose cooking, frying, sautéing	In addition to Omega-3 fatty acid, it is also high in Omega-6 fatty acid.
Olive (extra light)	24°C 465°F	Yes	Sautéing, stir frying, frying, deep frying, cooking, salad dressing	Packed with omega fats, vitamin E, and antioxidants.
Sunflower	246°C 475°F	Yes	Cooking, salad dressings	Often referred to as the golden child of cooking oils for its high heat tolerance and monounsaturated fat content.
Safflower	265°C 509°F	Yes	Cooking, salad dressings	It's rich in unsaturated fats and vitamin E.
Avocado	271°C 520°F	Yes	All purpose cooking, frying, sautéing	Rich in monounsaturated fatty acids, vitamins and antioxidants.