



Good Fats, Bad Fats Cheatsheet

| Fats to Eat & Avoid | | |
|-------------------------|-------------------|----------------|
| Eat Liberally | Eat in Moderation | Avoid |
| Coconut oil | Sesame oil | Soybean oil |
| Palm oil | Walnut oil | Peanut oil |
| Olive oil | Pecan oil | Corn oil |
| Ghee | Almond oil | Safflower oil |
| Lard | Flax seed oil** | Wheat-germ oil |
| Tallow (beef and lamb) | Avocado oil | Canola oil |
| Duck fat | Nuts and seeds | Sunflower oil |
| Dairy fat | Nut butters | Cottonseed oil |
| Chicken fat (schmaltz)* | | Grape-seed oil |
| Eggs | | Rice bran oil |
| Macadamia Oil | | |



Smoke Point of Various Fats for Cooking

| Type of Fat | Smoke Point (°F) |
|---------------------------------|------------------|
| Ghee | 485 |
| Olive oil (extra light) | 468 |
| Palm oil | 455 |
| Coconut oil (expeller pressed)* | 450 |
| Macadamia oil | 413 |
| Beef tallow | 400 |
| Duck fat | 375 |
| Lard | 370 |
| Coconut oil (extra virgin) | 350 |
| Olive oil (extra virgin) | 320 |
| Butter | 250–300 |

* Higher in omega-6 fatty acids; consume in moderation

** Flaxseed oil is fine for occasional use in but is not recommended as a supplement