

# COMMON COOKING FATS RANKED

choose fats and oils based on **1) how they're made** - choose naturally occurring, minimally processed options first **2) their fatty acid composition** - the more saturated they are, the more stable/less likely to be damaged or oxidized they are, **3) smoke point** - tells us how hot is too hot before we will damage the fats

		TOTAL FAT	SFA	MUFA	PUFA	SMOKE PT
<p>SAFEST/ MOST STABLE</p> <p>UNSAFE/ LEAST STABLE</p>	COCONUT OIL	100g	86g	6g	2g	350/450
	TALLOW/SUET	94g	52g	32g	3g	400
	BUTTER	81g	51g	21g	3g	350
	LARD	100g	39g	45g	11g	370
	OLIVE OIL	100g	14g	73g	11g	420
	PEANUT OIL	100g	17g	46g	32g	450
	VEGETABLE SHORT.	71g	23g	8g	37g	360
	CORN OIL	100g	15g	30g	55g	450
	SOYBEAN OIL	100g	16g	23g	58g	450
	SUNFLOWER OIL	100g	11g	20g	69g	450

Sources: [http://en.wikipedia.org/wiki/Smoke\\_point](http://en.wikipedia.org/wiki/Smoke_point), [http://en.wikipedia.org/wiki/Fatty\\_acid](http://en.wikipedia.org/wiki/Fatty_acid)