



Heart Healthy Cooking Oils

Using Heart Healthy Cooking Methods

Confused about what cooking oil to use and when to use it? Choosing heart healthy oils rather than saturated fats (such as butter, shortening and lard) during cooking can help reduce the risk of heart disease. There are many heart healthy options when it comes to cooking oils, and the chart below will help you find the best heart healthy oil for every cooking situation!

Basic Oil Definitions

Unrefined Oils – The oil has undergone a minimal amount of processing, yielding a flavorful and color-rich oil. These oils are more prone to rancidity and spoilage.

There are **2 TYPES** of unrefined oils

Expeller Pressed

A mechanical method of extracting oil from vegetables, seeds and nuts by exerting high pressure.

Cold Pressed

A type of expeller pressed where low or no heat is used to extract the oil.

Refined Oils – These oils have undergone further processing to remove impurities and make them more stable for high heat cooking and a longer shelf life. In turn, much of the flavor and nutritional benefits are removed.

Uses

Type of Oil	Uses					Flavor	Heat Point
	Bake/Roast	Sauté	Grill	Sauce	Stir Fry		
Canola Oil	♥	♥	♥	♥	♥	Mild	Medium High
Grapeseed Oil	♥	♥	♥	♥	♥	Strong	Medium High
Sesame Oil		♥			♥	Mild to Strong	Medium
Toasted Sesame Oil				♥		Strong	Low
Olive Oil (Extra Virgin)	♥	♥	♥	♥		Medium to Strong	Medium
Olive Oil (Light/Extra Light)	♥	♥	♥	♥	♥	Mild	High
Olive Oil (Regular)	♥	♥	♥	♥	♥	Mild	High
Peanut Oil	♥	♥	♥	♥	♥	Mild	Medium High
Vegetable Oil Blend (sunflower, corn, soy)	♥					Mild	High



NUTRITION TIP: Keep moderation in mind when cooking with any oil. All oils have the same number of calories. A little oil can go a long way!

Olive Oils Defined

Virgin & Extra Virgin Olive Oil – Virgin means the oil was produced only through mechanical (expeller pressed) means without any chemical treatment applied. The highest quality virgin oils which are full of flavor are termed Extra Virgin and those of slightly lower quality are just Virgin.

Light & Extra Light Olive Oil – Light and Extra Light olive oils are refined oils that are lighter in color due to the processing of these oils. Because they are refined, they can withstand high heat and are more stable, but also lack some of the nutritional benefits and flavor of virgin or extra virgin olive oil.

Olive Oil – In the United States, the term "olive oil" refers to a blend of refined and virgin oils, which is why it has a higher heat point than Virgin/Extra Virgin. It is also less flavorful and lacking some of the nutritional benefits of Virgin and Extra Virgin olive oils.



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