

TYPES OF COOKING OIL

Type of oil or fat	<u>Saturated</u>	<u>Monounsaturated</u>	<u>Polyunsaturated</u>	<u>Smoke point</u> <small>[note 1]</small>	Uses
<u>Avocado oil</u>	12%	74%	14%	271 °C (520 °F)	Frying, sautéing, dipping oil, salad oil
<u>Safflower oil</u>	10%	13%	77%	265 °C (509 °F)	Cooking, salad dressings, margarine
<u>Rice bran oil</u>	20%	47%	33%	254 °C (489 °F)	Cooking, frying, deep frying, salads, dressings. Very clean flavoured & palatable.
<u>Mustard oil</u>	13%	60%	21%	254 °C (489 °F)	Cooking, frying, deep frying, salads, dressings. Very clean flavoured & palatable.
<u>Tea seed oil</u> ^[38]	22%	60%	18%	252 °C (486 °F)	Cooking, salad dressings, stir frying, frying, margarine
<u>Sunflower oil</u> (linoleic)	11%	20%	69%	246 °C (475 °F)	Cooking, salad dressings, margarine, shortening
<u>Olive oil</u> (extra light)	14%	73%	11%	242 °C (468 °F)	Sautee, stir frying, frying, deep frying, cooking, salad oils, margarine
<u>Soybean oil</u>	15%	24%	61%	241 °C (466 °F)	Cooking, salad dressings, vegetable oil, margarine, shortening
<u>Corn oil</u>	13%	25%	62%	236 °C (457 °F)	Frying, baking, salad dressings, margarine, shortening
<u>Sesame oil</u> (semi-refined)	14%	43%	43%	232 °C (450 °F)	Cooking, deep frying
<u>Peanut oil / groundnut oil</u>	18%	49%	33%	231 °C (448 °F)	Frying, cooking, salad oils, margarine
<u>Palm oil</u>	52%	38%	10%	230 °C (446 °F)	Cooking, flavoring, vegetable oil, shortening
<u>Olive oil</u> (refined)	14%	73%	11%	225 °C (437 °F)	Sautee, stir frying, deep frying, cooking, salad oils, margarine
<u>Almond</u>	8%	66%	26%	221 °C (430 °F)	Baking, sauces, flavoring
<u>Cottonseed oil</u>	24%	26%	50%	216 °C (421 °F)	Margarine, shortening, salad dressings, commercially fried products

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<u>Diacylglycerol (DAG) oil</u>	3.05%	37.95%	59%	215 °C (419 °F)	Frying, baking, salad oil
<u>Olive oil</u> (virgin)	14%	73%	11%	215 °C (419 °F)	Cooking, salad oils, margarine
<u>Macadamia oil</u>	12.5%	84%	3.5%	210 °C (410 °F)	Cooking, frying, deep frying, salads, dressings. A slightly nutty odour.
<u>Walnut oil</u> (Semi-refined)	9%	23%	63%	204 °C (399 °F) ^[39]	Salad dressings, added to cold dishes to enhance flavor
<u>Canola oil</u>	6%	62%	32%	204 °C (399 °F)	Frying, baking, salad dressings
<u>Grape seed oil</u>	12%	17%	71%	204 °C (399 °F)	Cooking, salad dressings, margarine
<u>Ghee, clarified butter</u>	65%	32%	3%	190–250 °C (374–482 °F)	Deep frying, cooking, <u>sautéing</u> , condiment, flavoring
<u>Olive oil</u> (extra virgin)	14%	73%	11%	190 °C (374 °F)	Cooking, salad oils, margarine
<u>Coconut oil</u> , (virgin)	92%	6%	2%	177 °C (351 °F)	Commercial baked goods, candy and sweets, whipped toppings, nondairy coffee creamers, <u>shortening</u>
<u>Sesame oil</u> (Unrefined)	14%	43%	43%	177 °C (351 °F)	Cooking
<u>Hemp oil</u>	9%	12%	79%	165 °C (329 °F)	Cooking, salad dressings
<u>Sunflower oil</u> (high oleic) ^[37]	9%	82%	9%	160 °C (320 °F)	Cooking
<u>Margarine</u> , soft	20%	47%	33%	150–160 °C (302–320 °F)	Cooking, baking, condiment
<u>Margarine</u> , hard	80%	14%	6%	150 °C (302 °F) ^[note 2]	Cooking, baking, condiment
<u>Butter</u>	66%	30%	4%	150 °C (302 °F)	Cooking, baking, condiment, sauces, flavoring
<u>Lard</u>	41%	47%	2%	138–201 °C (280–394 °F)	Baking, frying

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<u>Pumpkin seed oil</u>	8%	36%	57%	121 °C (250 °F)	salad oils
<u>Flaxseed oil</u> <u>(Linseed oil)</u> ^[35]	11%	21%	68%	107 °C (225 °F) ^[36]	Salad dressings, nutritional supplement