

KITCHEN GUIDE

Different oils have different uses, and each performs best within a certain range of temperatures. Some are made for high heat cooking, while others have intense flavors that are best enjoyed by drizzling directly on to food. The guide below shows the smoke point for each type of oil.

SMOKE POINT An oil's 'smoke point' indicates how high a heat the oil can take before, literally, beginning to smoke. When an oil smokes, it releases an acrid odor into the air and free radicals within the oil. For the healthiest approach, discard any oil that has gone beyond its smoke point. **All oils are refined except where designated with an asterisk.**

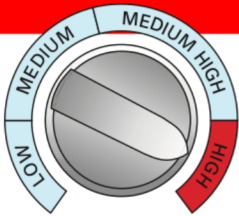
USES

OIL TYPE

SMOKE POINT

ALL PURPOSE COOKING

HIGH HEAT OILS



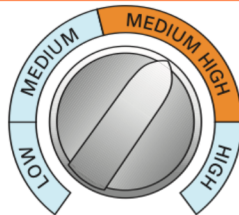
UP TO 500°F

Oils with a high 'smoke point' are ideal for sautéing, frying and other high heat applications.

Avocado	510°F
Almond	495°F
Apricot Kernel	495°F
Canola (Super High Heat)	460°F
Safflower (Super High Heat)	460°F
Sunflower (Super High Heat)	460°F
Palm Fruit	450°F
Safflower, High Oleic	445°F
Sesame	445°F

BAKING & SAUTÉING

MEDIUM HIGH HEAT OILS



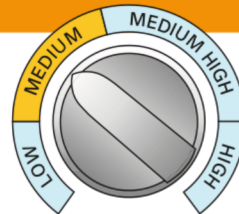
UP TO 425°F

Oils with a medium-high 'smoke point' are best for sautéing at medium-high heat or, because of their neutral flavor, for baking.

Canola	425°F
Grapeseed	425°F
Walnut	400°F
Safflower, High Oleic*	390°F
Coconut	365°F
Soy	360°F
Peanut*	355°F

LIGHT SAUTÉING & SAUCES

MEDIUM HEAT OILS



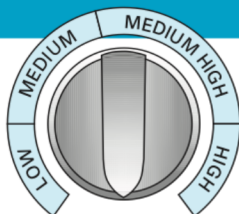
UP TO 350°F

Medium heat oils normally have fuller flavors, making them ideal for sauces and salad dressings, or for sautéing at medium heat where the oil's flavor is intended as an integral part of the finished dish.

Sesame*	350°F
Toasted Sesame*	350°F
Olive*	325°F
Corn*	320°F
Coconut*	280°F

SOUPS & SALADS

NO HEAT OILS



NO HEAT

Oils with low 'smoke points' have such rich, robust flavor and fragile structure that they're best poured directly onto a finished dish, or blended into a dressing, simple sauce or taken directly.

Borage*	225°F
Flax*	225°F
Wheat Germ*	225°F
Evening Primrose*	225°F