

Using Oils

... BUT FIRST

» Choose **whole food sources** of fat over oils when possible for added nutritional benefits. Read more about why [here](#).

» We prefer to use oils that have a higher omega-3 to omega-6 ratio. We've added an (*) these ones below. [Learn why this ratio is important here](#).

» Another thing to consider is the **smoke point** of the oil.

Some oils have higher smoke points meaning they are appropriate for cooking, whereas others have lower smoke points and are better off consumed as is, either drizzled over a dish or used for dressings and marinades:

COOK

Canola oil*
Grapeseed oil
Sunflower oil
Safflower oil
Light olive oil
Peanut oil
Avocado oil
Coconut oil

DRIZZLE

All ← oils
Flaxseed oil*
Hempseed oil*
Virgin olive oil
Walnut oil*
Sesame seed oil

(*): higher omega-3 to omega-6 ratio