



# Healthy Cooking Oils

## Baking

Safflower (best)  
Sunflower (best)  
Coconut  
Palm

## Sautéing

Olive  
Safflower  
Sunflower  
Coconut  
Grapeseed  
Avocado  
Palm  
Sesame

## Frying

Avocado  
Palm  
Sesame

## Dips/Dressings/Marinades/Garnishes

Flax	Peanut
Olive	Walnut
Toasted Sesame	