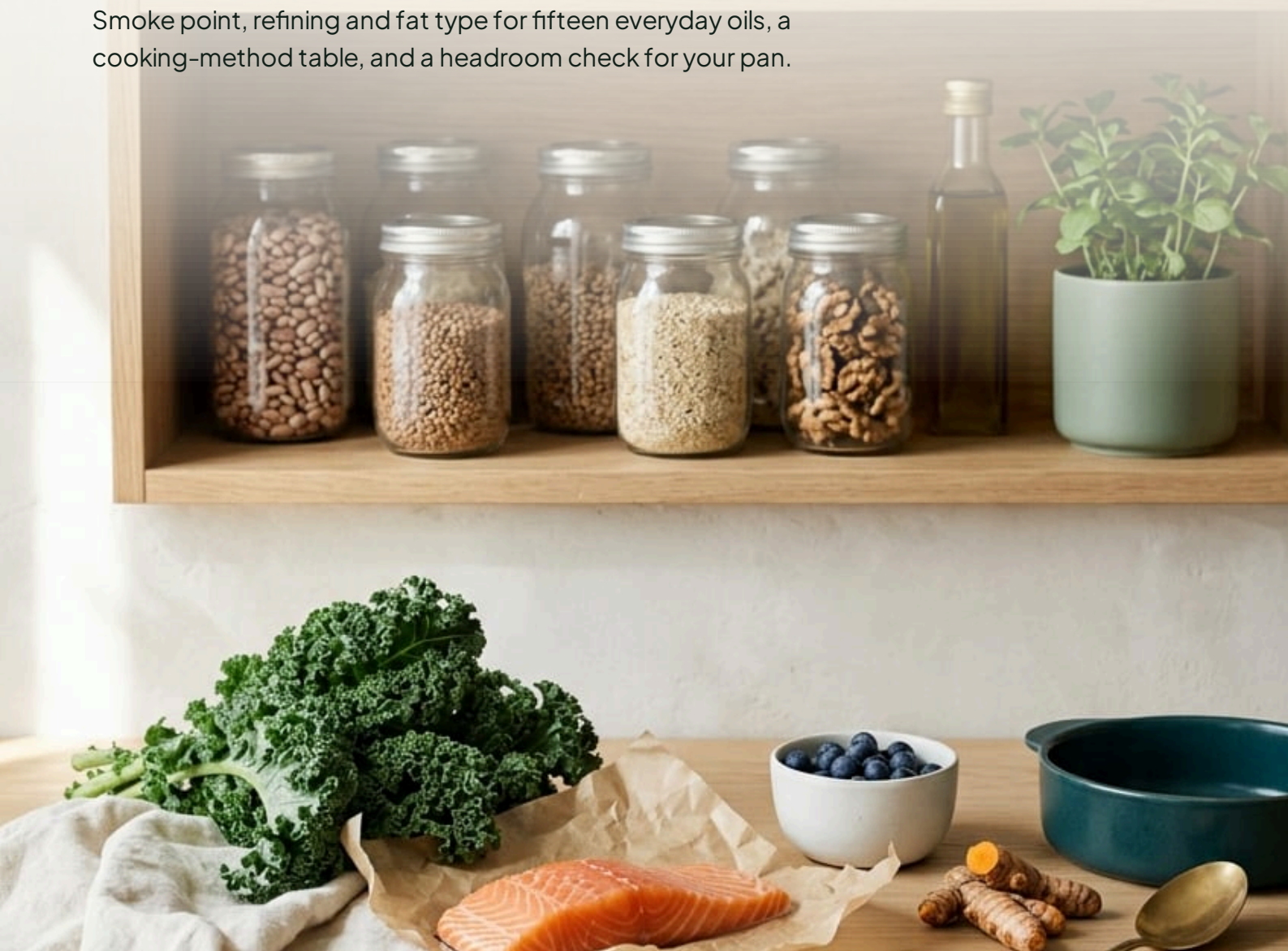


FREE QUICK-START • EVERYDAY EATING

The Cooking Oil & Smoke Point Chart

Smoke point, refining and fat type for fifteen everyday oils, a cooking-method table, and a headroom check for your pan.



15

OILS CHARTED

5

METHODS

2

BOTTLES

1

HEADROOM CHECK

KITCHEN PRACTICE • FREE QUICK-START

The Cooking Oil & Smoke Point Chart

Smoke point, refining and fat type for fifteen everyday oils, a cooking-method table, and a headroom check, so the right fat meets the right pan temperature instead of burning.

15 OILS CHARTED by smoke point and fat type	5 COOKING METHODS with the oils that suit each	2 BOTTLES cover almost every meal	1 HEADROOM CHECK oil against your pan temperature
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How to use this chart

5 MINUTES

STEP 1 Know your pan temperature Sauté runs about 250–350 °F, roasting 375–450 °F, stir-fry and searing 400–450 °F, deep frying 350–375 °F.	STEP 2 Keep two bottles, not ten Extra-virgin olive oil for most cooking and finishing, plus one high-heat oil (avocado, peanut, or high-oleic sunflower) for searing and frying.	STEP 3 Store against light and air Cool, dark, tightly capped. An oil that smells of crayons or putty has gone rancid; throw it out.
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SMOKE IS THE STOP SIGNAL

When an oil smokes it is breaking down into compounds you do not want to breathe or eat. Turn on the extractor, take the pan off the heat, and start again with fresh oil at a lower heat or a higher-smoke-point oil. Do not reuse frying oil that has smoked. Never pour water on burning oil: cover the pan with a lid and turn off the heat.

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Smoke Point Is Half the Story

3 SOURCES

Smoke point is the temperature at which an oil starts to smoke and break down. It is half the story. The other half is stability: how well the fat resists damage from heat, which depends on its fat type and its natural antioxidants.

Fat type matters as well as smoke point. Saturated and monounsaturated fats hold up well under heat; oils rich in polyunsaturated fat break down faster under long, very hot cooking such as repeated deep frying. For everyday sautéing and roasting, any oil used below its smoke point is fine.

Refining raises the smoke point. Refining removes free fatty acids and particles, which lifts the smoke point and removes flavor. Virgin and unrefined oils keep flavor and antioxidants but smoke sooner, so they suit lower heat and finishing.

Olive oil is more stable than its reputation. Extra-virgin olive oil is mostly monounsaturated fat with natural polyphenols. In a 2018 laboratory comparison of ten oils heated over time, it produced among the fewest breakdown products. The "never cook with olive oil" rule is a myth.

THE EVIDENCE BEHIND IT

DE ALZAA, GUILLAUME & RAVETTI, 2018

Ten oils heated to 180 °C (356 °F) over 6 hours: extra-virgin olive oil produced among the lowest levels of polar compounds; smoke point alone did not predict stability.

GROOTVELD ET AL. (REVIEWS)

Oils rich in polyunsaturated fat form more aldehydes when held at frying temperature for long periods; reusing frying oil multiplies them.

PUBLISHED SMOKE-POINT DATA

Refining raises smoke point; unrefined nut and seed oils are lowest and belong in dressings and finishing.

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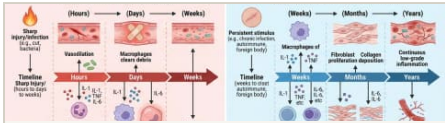
Fifteen Oils, Highest Smoke Point First

TICK WHAT YOU HAVE

HAVE	OIL	°F		FAT TYPE	BEST FOR
☐	Avocado (refined)	520		Mostly monounsaturated	Sear, deep-fry, roast: the most headroom.
☐	Safflower (high-oleic)	510		Mostly monounsaturated	High-heat frying and roasting.
☐	Rice bran	490		Mono and polyunsaturated	Stir-fry and deep-fry; neutral flavor.
☐	Ghee (clarified butter)	485		Mostly saturated	High-heat sauté with a butter flavor.
☐	Olive (refined or "light")	465		Mostly monounsaturated	Roast and sauté where olive flavor is not wanted.
☐	Peanut (refined)	450		Mostly monounsaturated	Stir-fry and deep-fry; the classic wok oil.
☐	Sunflower (high-oleic)	450		Mostly monounsaturated	High heat; choose high-oleic for frying.
☐	Sesame (semi-refined)	410		Mono and polyunsaturated	Stir-fry; toasted sesame oil for finishing.
☐	Virgin olive	410		Mostly monounsaturated	Sauté and medium roasting.
☐	Canola (refined)	400		Mostly monounsaturated	All-purpose baking and sautéing.
☐	Coconut (refined)	400		Mostly saturated	Baking; stable, but high in saturated fat.
☐	Extra-virgin olive	390		Mostly monounsaturated	Sauté, roast and finish: more stable than its reputation.
☐	Walnut (unrefined)	320		Mostly polyunsaturated	Dressings and finishing only.
☐	Butter	300		Mostly saturated	Low-heat sauté and finishing; burns early.
☐	Flaxseed (unrefined)	225		Mostly polyunsaturated	Cold only: dressings and drizzling.

Typical published smoke points in °F (°C = (°F – 32) ÷ 1.8). Refining, age and brand shift them by tens of degrees; use the chart to rank oils, not as a laboratory figure.

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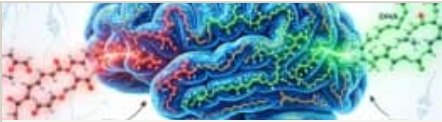


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Match the Oil to the Method

CALCULATES

METHOD	PAN TEMPERATURE	OILS THAT SUIT IT
Salad, drizzle, finish	No heat	Extra-virgin olive, walnut, flaxseed, toasted sesame
Sauté, low to medium	250–350 °F	Extra-virgin or virgin olive, canola, butter
Roast and bake	375–450 °F	Extra-virgin or refined olive, avocado, canola
Stir-fry and sear	400–450 °F	Peanut, avocado, rice bran, high-oleic sunflower
Deep-fry	350–375 °F	Avocado, peanut, high-oleic safflower or sunflower, rice bran

HEADROOM CHECK 1

OIL

SMOKE POINT °F

PAN °F

HEADROOM

HEADROOM CHECK 2

OIL

SMOKE POINT °F

PAN °F

HEADROOM

Headroom is the oil's smoke point minus the pan temperature. Aim for at least 25 °F; a pan left empty on high heat runs hotter than you think.

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From the Oil Shelf to the Whole Pantry

COMPANION E-BOOK

The oil is one shelf. **The Anti-Inflammatory Pantry & Meal Builder** stocks the rest by strength of evidence, tests six popular food fears against the trials, and gives you twenty meals to cook from it.

A five-tier pantry

every food group graded by strength of evidence, with what to keep, how much, and how long it keeps.

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a weekly tracker of anchors, servings and plants, and a summary page.

THIS FREE CHART

- ✓ Fifteen oils by smoke point and fat type
- ✓ A cooking-method table and a headroom check
- ✓ The olive-oil myth, and storage rules

THE PANTRY GUIDE ADDS

- ✓ A five-tier pantry, not just the oil shelf
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EVIDENCE-LED

Separates smoke point from stability honestly, with sources. No food fear.

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SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

De Alzaa F., Guillaume C., Ravetti L., Acta Scientific Nutritional Health 2018	Oil stability under heating.
Grootveld M. et al., reviews on cooking-oil aldehydes (2014–2020)	Repeated frying and breakdown products.
Published smoke-point references; USDA and manufacturer data	Typical smoke points (rounded).

NEXT TIME YOU COOK

Right oil, right pan.

Now stock the rest.

01 • TWO BOTTLES

Extra-virgin olive oil, plus one high-heat oil for searing.

02 • STORE WELL

Dark, cool, capped; smell it before you cook with it.

03 • GO FURTHER

The Pantry & Meal Builder stocks every shelf by evidence.

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