

# Oil Well

Dive into the world of kitchen oils. Today we know that unhealthy fats increase the risk of heart diseases. You will learn about smoke points, flavor intensity as well as fat saturation and omega 3 and 6 values. To make sure you bring the oils best qualities to live.

## LEGEND:



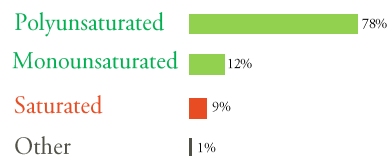
Heat tolerance



Flavor intensity

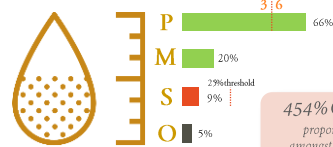


Omega 3-6 Ratio



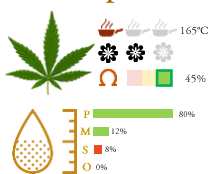
It's all about (un)saturation. Saturated fats raise levels of cholesterol in your blood and we know the effects. Replacing saturated with unsaturated fats may protect your heart.

## 1 flaxseed

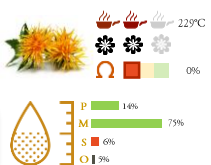


454% Omega 3-6 fat proportion, the highest amongst all plant based oils!

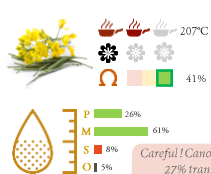
## 2 hemp



## 9 safflower

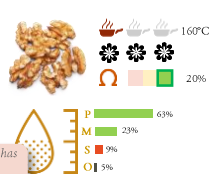


## 3 canola

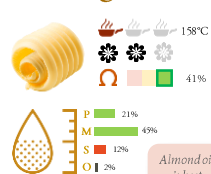


Careful! Canola oil has 27% trans fat when hydrogenated

## 4 walnut

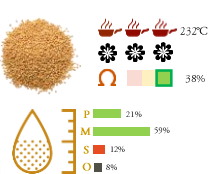


## 5 soft margarine



Almond oil is best for massages!

## 6 mustard

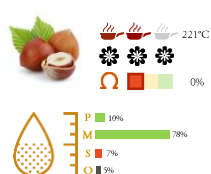


## 7 high-oleic sunflower

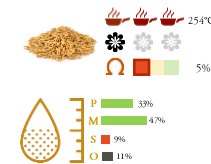


Very high oleic oil may reduce bad cholesterol!

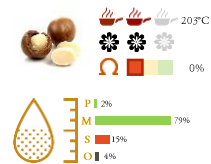
## 8 hazelnut



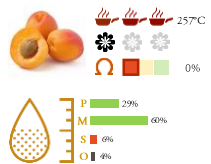
## 15 rice bran



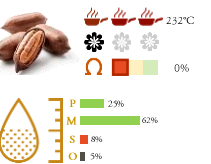
## 16 macademia



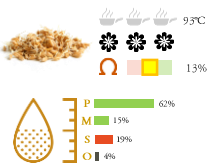
## 17 apricot kernel



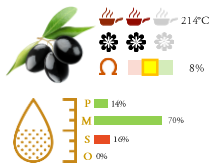
## 18 pecan nut



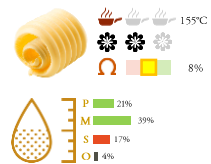
## 19 wheat germ



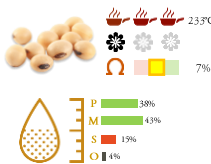
## 20 olive virgin



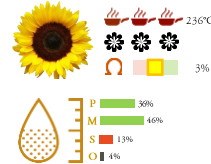
## 21 hard margarine



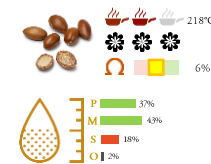
## 22 soybean



## 23 sunflower lin-oleic

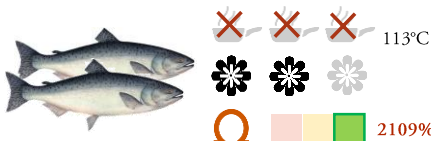


## 24 argan

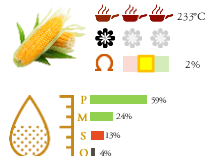


Fish oil is NOT for cooking! It is included here for its outstanding health benefits!

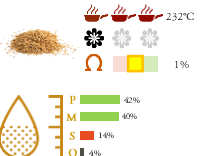
## fish oil\* / cod liver



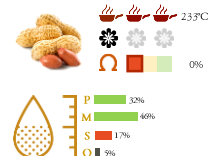
## 25 corn



## 26 sesame semi-refined

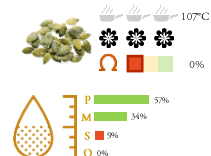


## 27 peanut

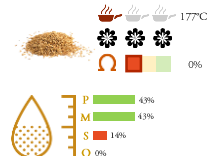


Highly saturated fats keep longer

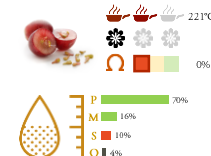
## 28 pumpkin seed



## 29 sesame un-refined



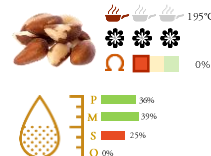
## 30 grapeseed



## 31 duck fat

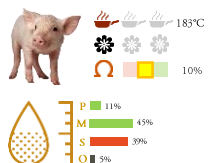


## 32 brazil nut

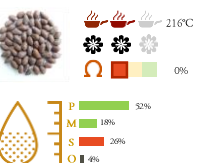


Avoid palm oil! It has led to deforestation & exploitation of native people

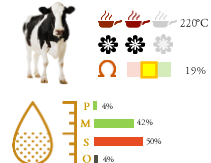
## 33 lard



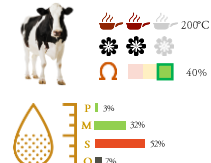
## 34 cotton seed



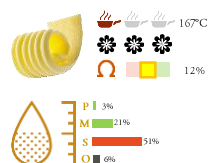
## 35 beef tallow



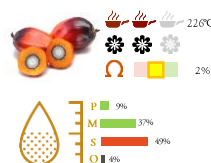
## 36 suet



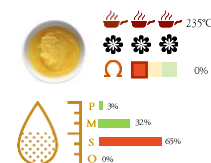
## 37 butter



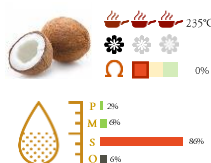
## 38 palm



## 39 ghee



## 40 coconut



\*out of ranking because it is mainly consumed by eating fish; fish oil is used to support prevention and treatment of several chronic diseases.