

# The Pantry Doctor | Produce Before Pills

## Guide To Healthy Cooking Oils

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Pantry Doctor Approved Cooking Oils:

Using the right fats and oils is essential to optimize your health! These are healthy, minimally processed, naturally occurring fats.

<b>Saturated</b>		<b>Unsaturated</b>	
Coconut oil	Buy organic, unrefined	Olive oil	Buy unrefined, extra virgin, cold-pressed forms
Palm oil	Buy organic, unrefined	Sesame oil	Buy unrefined, extra virgin, cold pressed forms
Butter	Grass-fed if possible	Macadamia oil	Buy unrefined, extra virgin, cold-pressed forms
Ghee	Grass-fed if possible	Walnut oil	Buy unrefined, extra virgin, cold-pressed forms
		Avocado oil	Buy unrefined, extra virgin, cold-pressed forms

Stay away from these highly processed oils and fats listed below, because they contain hydrogenated or partially hydrogenated man-made trans-fats.

Pantry Doctor Fails:

- Margarine or fake butter spreads
- Canola oil
- Corn oil
- Vegetable oil
- Soybean oil
- Grapeseed oil