An oil's smoke point is the maximum temperature you should heat it to. If taken past this temperature, it will start to burn and smoke. Heating past its smoke point can add a burnt flavor to food, destroy beneficial nutrients and phytochemicals found in many unrefined oils, and even become carcinogenic.

**Highest Heat Oils**
- Avocado oil
- Peanut oil (refined)
- Safflower oil
- Sunflower oil
- Almond oil
- Vegetable oil (refined)

Can be used for frying, stir frying, sautéing, broiling, or any other high-heat cooking methods.

**Medium Heat Oils**
- Grapeseed oil
- Olive oil (virgin)
- Sesame oil (refined)
- Canola oil
- Walnut oil
- Olive oil (refined)
- Macadamia nut oil
- Lard

Suitable for baking, sautéing on medium heat, marinades, sauces, simmering, and dressings.

**Low Heat Oils**
- Hemp seed oil
- Corn oil
- Sesame oil (refined)
- Coconut oil
- Peanut oil (unrefined)
- Extra virgin olive oil
- Butter

Suitable for low-medium heat cooking, sautéing, and sauces. Usually fuller flavors for finishing part of a dish.

**No Heat Oils**
- Flaxseed oil (unrefined)

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Solid Ground believes poverty is solvable.
*We meet basic needs, nurture success, and spread change.*

**WEB:** solid-ground.org/get-help/food-resources
**EMAIL:** foodeducation@solid-ground.org