

Healthy Fats: Choosing the right fats for meal preparation is so important. It is best to buy all oils in glass bottles, as the plastic tends to leech chemicals that are fat-soluble and therefore are easily transferred to the oils. These fats are listed from no heat to high heat stability.

Fat/Oil	How to store	Heat stability	What to use for
Flax seed oil	In the fridge or freezer, add a vitamin E capsule to preserve. Buy small bottles and use up quickly	DO NOT HEAT! High in omega-3's & 6's, goes rancid easily	Add to salads, warm breakfasts (after removed from heat), cooked veggies (after removed from heat)
Hemp oil	In the fridge. Buy small bottles and use up quickly, add a vitamin E capsule to preserve. Buy small bottles and use up quickly	DO NOT HEAT! High in omega-3's & 6's, goes rancid easily	Add to salads, warm breakfasts (after removed from heat), cooked veggies (after removed from heat)
Walnut oil	In the fridge. Buy small bottles and use up quickly	If unrefined do not heat, if refined very low heat ok (though unrefined is preferred)	Add to salads, warm breakfasts (after removed from heat), cooked veggies (after removed from heat)
Sunflower oil	In the fridge. Buy small bottles and use up quickly	If unrefined do not heat, if refined very low heat ok (though unrefined is preferred)	Add to salads, warm breakfasts (after removed from heat), cooked veggies (after removed from heat)
Safflower oil	In the fridge. Buy small bottles and use up quickly	If unrefined do not heat, if refined very low heat ok (though unrefined is preferred)	Add to salads, warm breakfasts (after removed from heat), cooked veggies (after removed from heat)

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Extra virgin olive oil	Store in cool, dark place. Buy in a dark glass bottle	Low heat okay, do not use for high heat stove top or baking. Keep in mind olive oil is high in omega-9, a non-essential fatty acid. Our bodies can make this with enough omega-3's & 6's.	Use for salads, stir fry's (low heat), low heat baking
Grapeseed oil	Store at room temperature, make sure to buy in a glass bottle	Med-high heat okay. Do not let it smoke, as this is when damage occurs.	Use for baking, light frying of veggies, pancakes, stir fry's etc.
Organic Butter	Store in the fridge, Tip: add some unsaturated fat (olive oil, hemp oil, flax oil etc.) to a portion of butter and keep in the fridge for a spreadable option for toast	Med-high heat okay. Do not let it smoke, as this is when damage occurs.	Use for baking, light frying of veggies, pancakes etc.
Ghee (clarified butter)	Store some on the countertop for up to two weeks, leave the rest in the fridge	Med-high heat okay. Do not let it smoke, as this is when damage occurs.	Use for baking, light frying of veggies, pancakes, stir fry's etc.
Extra virgin coconut oil	Store at room temperature, make sure to buy in a glass bottle	Med-high heat okay. Do not let it smoke, as this is when damage occurs.	Use for baking, light frying of veggies, pancakes, stir fry's etc.