When cooking, it's important to choose the most heart-healthy oils. Oils are a form of fat. Our bodies need fat for energy, digestion, vitamin absorption, and more. But too much of the wrong kind of fat can lead to heart disease. Stock your pantry with the healthiest oils for every occasion!

### TOP HEART-HEALTHY OILS & HOW TO USE THEM

**BEST FOR YOUR HEART**

**MONOUNSATURATED FATS:** These plant-based oils reduce heart disease more than any other oils.

**POLYUNSATURATED FATS:** These plant-based oils with omega-3 fatty acids help to reduce heart disease.

### BETTER FOR YOUR HEART

**THE 411 ON EVOO**

Why is extra-virgin olive oil (EVOO) better than regular? Because olives are processed within 24 hours of picking, preserving healthy fats and antioxidants.

**ARE COOKING SPRAYS SAFE?**

The FDA recognizes cooking sprays as safe. You can also fill manual pump spray bottles with your favorite oils.

**CONTROL PORTIONS WITH OIL, TOO**

One teaspoon of oil contains 40 calories and 4.5 grams of fat! When guesstimating, start with 1 tablespoon of oil and stop at 2.

**TRANS FATS:** These man-made, partially hydrogenated vegetable oils increase heart disease more than all other oils (think margarine, shortening).

**SATURATED FATS:** These oils made from full-fat dairy products also increase heart disease (think butter).

**ISLAND “GET-AWAYS”**

Steer clear of tropical-sounding oils like coconut, palm, palm kernel and cottonseed oils. They all contain saturated fat.

**SMOKE MEANS TROUBLE**

If oil starts to smoke in the pan, start over. Smoke produces toxic fumes and unhealthy byproducts.

**IS DEEP-FRYING EVER OK?**

Deep-frying has zero health benefits. Even when it’s veggies and fish, deep-frying adds fat, calories and, often, sodium. Lightly sauté or stir-fry instead to enjoy a food’s true flavor.

### BEST FOR BROWNING, SEARING & PAN FRYING

- Almond oil
- Sunflower oil (high-oleic)
- Canola oil (high-oleic)
- Olive oil (light or highly refined)

### BEST FOR STIR-FRYING, BAKING & OVEN COOKING

- Canola oil
- Grapeseed oil
- Peanut oil

### BEST FOR SAUTÉING & SAUCE-MAKING

- Olive oil
- Walnut oil
- Sesame oil

### BEST FOR DRESSINGS, DIPS & MARINADES

- Olive oil (extra virgin)
- Toasted sesame oil
- Flaxseed oil
- Walnut oil
- Avocado oil

### BEST IN SHOW

Looking for one oil to get you through most cooking scenarios? Go for extra-virgin olive oil. But keep canola in the cupboard as a backup for higher temperature cooking.

For more information, visit Cleveland Clinic’s Health Hub at ClevelandClinic.org/HealthHub.