

WHICH ONE should I use?

PAGE 1 OF 2

		GRADE/TYPE	EXAMPLE BRAND	FLAVOUR	ADDITIONAL NUTRIENTS	SMOKE POINT	SATURATED V. MONOUNSATURATED V. POLYUNSATURATED FAT RATIO	SUITABILITY AND SUGGESTED USES
EVERYDAY OILS	Rapeseed	Refined Rapeseed	Crisp 'n Dry	Neutral	Omega 3 & 6	Very High 430F/220C		All Rounder:
		Refined Rapeseed	Mazola Rapeseed	Neutral	Omega 3 & 6	Very High 430F/220C		All Rounder:
		Cold Pressed Rapeseed	Mazola Cold Pressed Rapeseed	Grassy or subtle nutty	Omega 3 & 6 vit E, K, plant stanols and sterols, antioxidants	Medium 300F/150C		
		Organic Rapeseed	Pura Organic	Grassy and dusky or subtle nutty	Omega 3 & 6 vit E, K, plant stanols and sterols, antioxidants	Very High 430F/220C		
	Sunflower	Refined Sunflower	Mazola, Flora	Neutral	Omega 6, Vitamin E	High 430F/220C		
		Organic Sunflower	Pura	Neutral	Omega 6, Vitamin E	High 430F/220C		
	Olive	Standard Olive	Napolina	Distinctive		Medium 300F/150C		
		Extra Virgin Olive Oil	Napolina	Robust, varies	Antioxidants	Low		
		Light and Mild Olive	Don Mario	Fruity		Very high 430F/220C		
	Blends	Rapeseed and Olive	Olivio	Mildly Fruity	Dependant on ingredients blended	Medium 300F/150C		
SPECIALITY	Corn	Refined	Mazola	Neutral	Omega 6 plant stanol and sterols	Very high 430F/220C		
	Grapeseed	Pressed	Mazola Grapeseed	Fresh, Nutty	Omega 6, Antioxidants, plant stanols	Very high 430F/220C		
	Ground Peanut	Refined pressed	Mazola Groundnut	Mild Peanut		Very high 430F/220C		
	Sesame	Pressed Toasted	Supermarket Brands	Rich Distinctive	Omega 6, Antioxidants	Low		
	Walnut	Refined pressed	Supermarket Brands	Nutty	Omega 3 & 6	Medium 300F/150C		
	Hazlenut	Pressed	Supermarket Brands	Nutty	Antioxidants	Low		
	Coconut	Various	Supermarket Brands	Neutral		Low		

CONTINUED OVERLEAF

WHICH ONE should I use?

PAGE 2 OF 2

		GRADE/TYPE	EXAMPLE BRAND	FLAVOUR	ADDITIONAL NUTRIENTS	SMOKE POINT	SATURATED V. MONOUNSATURATED V. POLYUNSATURATED FAT RATIO	SUITABILITY AND SUGGESTED USES
SOLID FATS	Vegetable Oil	Solid Vegetable Oil	Crisp 'n Dry	Neutral		Very high 430F/220C		
	Beef Dripping	Beef Dripping	Britannia	Savoury		High 350F/175C		
	Butter	Dairy Butter	Supermarket Brands	Buttery		Low		
	Margarine	Vegetable Trans Fat	Supermarket Brands	Neutral		Low		
	Lard	Solid Lard	Supermarket Brands	Savoury		High 350F/175C		
BAKING FATS	Veg Based	Solid Veg Oil	Trex	Neutral		Very High 430F/220C		
	Veg Based	Solid Veg Oil	Cookeen	Neutral		Very High 430F/220C		
	Dairy Based	Dairy Butter	Lurpak	Butter		Medium 300F/150C		
OTHER	Palm	Refined	Trade Supply	Neutral		Very High 475F/240C		Commercial food production

KEY

- Baking
- Basting
- Deep Frying
- Dressings
- Grilling
- Marinades
- Roasting
- Sauteing
- Shallow Frying
- Stir Frying