

HEALTHY OILS/FAT SMOKE POINT



490F 254C

Organic Rice Bran Oil (Unrefined Cold Pressed)



485F 252C

Ghee (Clarified Butter)

400F 204C



Beef Tallow



Avocado (Cold Pressed)



390F 199C

Macadamia Nut Oil (Cold Pressed)



375F 190C

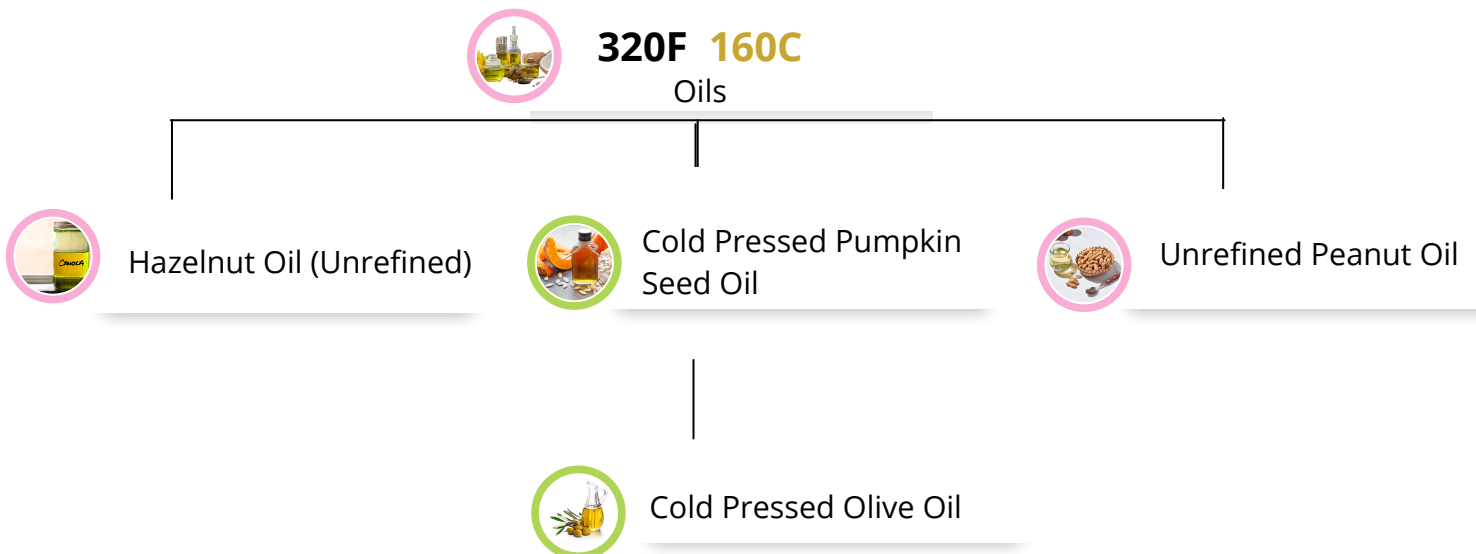
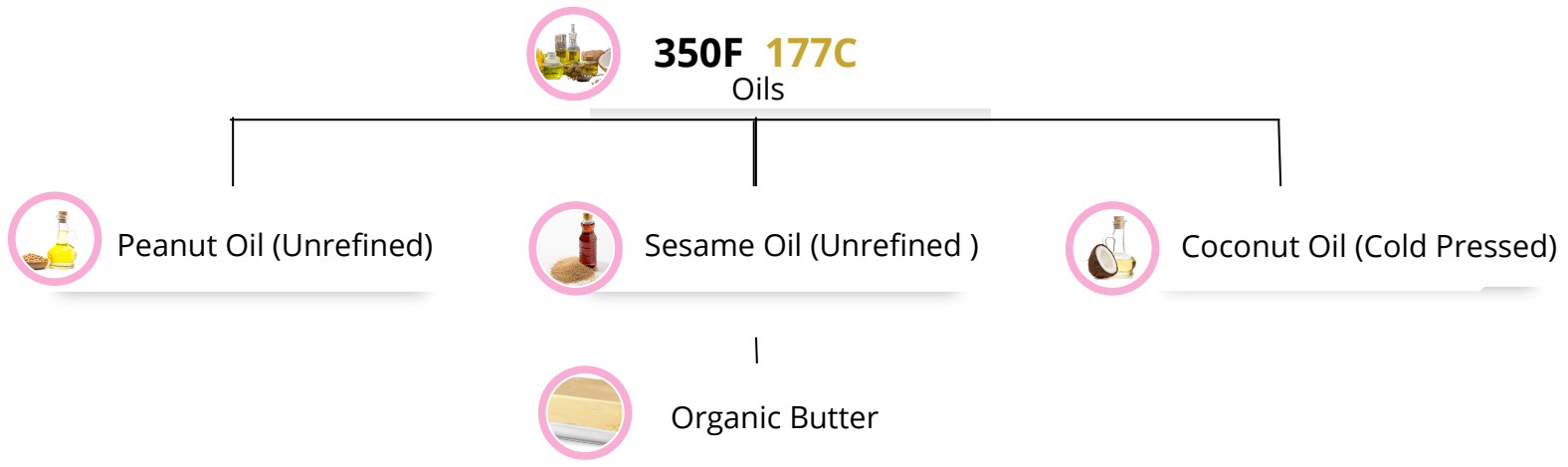
Duck Fat



370F 188C

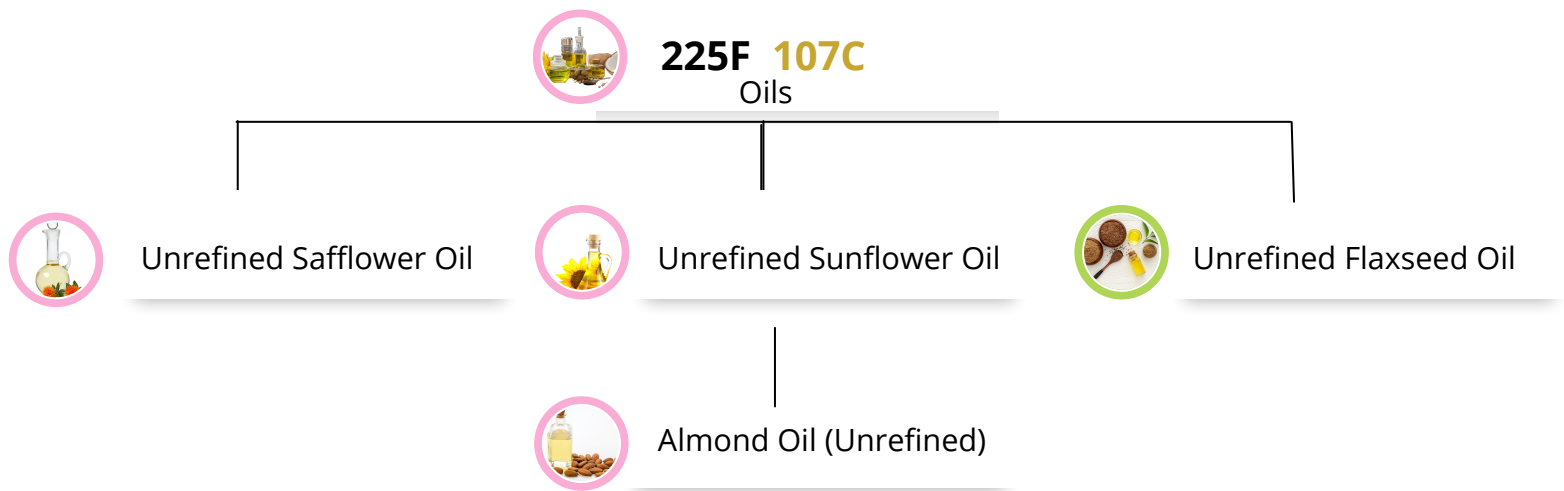
Mixed Lard

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Best used to drizzle when serving instead of while heating



The Healthy Oils/Fat Smoke Point Chart includes Unrefined, Cold-pressed, Raw, or Virgin fats/oils.

Oils left in their natural state are labeled as **un**refined, cold-pressed, raw, or virgin.

They retain more natural flavors, nutrients, and health benefits for us.

Choosing oils for your Stove-top cooking, Oven, and Deep frying should be easier with the Smoke Point and Temperature charts.

Staying below the smoke point of your favorite fats/oils is a Simple Self Self Care Swap with big benefits.

The Simple Self Care Lifestyle Post: