



# Edible Oil

Edible Oil

plant sources, and the health of a vegetable oil depends on its source and location. The vegetable oils on the market are a combination of canola, corn, soybean, safflower, palm, and sunflower oils.

➤ **canola oil:**

Contains an adequate amount of unsaturated fat. Of all the vegetable oils, canola oil tends to have the least saturated fat. It has a high smoke point, which means that it can be useful for high heat cooking.

➤ **Avocado oil:**

Avocado oil is a great choice, it has a higher smoke point, which means that it can be used for higher heat cooking and is very suitable for frying. It does not have much flavor and this makes it a good option for cooking.

➤ **Sunflower oil:**

This oil is rich in vitamin E, has a lot of smoke, and does not have a strong flavor, sunflower oil contains a lot of omega 6 fatty acids.

➤ **Peanut oil:**

Peanuts have one of the highest unsaturated fats in cooking oils. It usually tastes and smells good and cooks well at high temperatures.



➤ **Walnut oil:**

This oil has low smoke, so it is not good for cooking, but it can be used for other purposes. Howard adds. Walnut oil has a good ratio of omega-6 to omega-3 fatty acids, which helps control inflammation.

➤ **Flaxseed oil:**

Flaxseed oil is rich in omega-3s and has very little smoke, which means it should also not be used for cooking.

➤ **Sesame Oil:**

This oil often has a strong flavor. It also contains unsaturated and polyunsaturated fatty acids



► **supplements:**

Several oils are used as dietary supplements for nutrient content or medicinal effect. Acai oil is the fruit of several species of palms Açaí (Euterpe). It is grown in the Amazon region. Similar to grape seed oil, it is used in cosmetics and as a dietary supplement: Black seed plant oil, Borage seed oil, Evening primrose oil.

Edible oil or cooking fat is of plant, animal, or microbial origin that is liquid at room temperature and is suitable for use in food. The list of vegetable oils include all vegetable oils that are extracted from plants by pressing the relevant part of the plant. Replacing bad fats (saturated and trans) with healthy fats (unsaturated and polyunsaturated) is good for your heart. One way to do this is to choose healthy non-tropical vegetable oils for cooking and preparing food. Use these oils instead of solid fats and tropical oils (including palm and coconut oils) which can be high in saturated fat: Brain oils, Hazelnut oils, almond oil, Almond oil (somewhat comparable to olive oil. May be used to fight cavities. It is also used in skincare), Macadamia oil, Pecan oil, Pistachio oil, Walnut oil.



► **Check several edible oils**

► **olive oil:**

Very virgin olive oil contains a lot of

unsaturated fats and some unsaturated fatty acids. Olive oil is relatively low in smoke compared to other oils, so it is better for medium heat cooking. It is also one of the healthiest oils to use during cooking.

► **coconut oil:**

Coconut oil should be avoided or used sparingly. The reason is its high saturated fat content.

► **Vegetable oil:**

The term "vegetable oil" refers to any oil that is made from