

Cooking Oil Swaps

HTH

Swap This (Inflammatory Seed Oils)	For That (Healthy Fats)	Why It's Better
Canola Oil	Extra Virgin Olive Oil (e.g., Graza, California Olive Ranch)	Cold-pressed, rich in antioxidants and heart-healthy fats.
Soybean Oil	Avocado Oil (e.g., Chosen Foods, Primal Kitchen)	High smoke point, great for cooking, naturally nutrient-dense.
Vegetable Oil (blend)	Coconut Oil (e.g., Dr. Bronner's, Nutiva)	Stable for high heat, antimicrobial properties, no processing chemicals.
Corn Oil	Grass-Fed Ghee (e.g., 4th & Heart, Ancient Organics)	Clarified butter rich in CLA and butyrate — great for sautéing and gut health.
Safflower/Sunflower Oil (refined)	Tallow, Duck Fat, or Lard (Pasture-Raised)	Traditional animal fats that are stable for cooking and free from industrial processing.
Margarine / Imitation Butters	Butter from Grass-Fed Cows (e.g., Vital Farms, Kerrygold)	No trans fats or seed oils, rich in fat-soluble vitamins and flavor.

Seed Oils to Avoid:

Canola
 Soybean
 Corn
 Safflower
 Sunflower (unless cold-pressed, high-oleic)
 Grapeseed
 Cottonseed
 Rice bran
 Vegetable oil blends

If the ingredient label lists "vegetable oil," "canola oil," or any unnamed blend — it's most likely a refined seed oil. Choose oils that are cold-pressed, single-ingredient, and stable.