



TYPE OF OIL	SMOKE POINT	% POLY-UNSATURATED FAT LEVELS	% MONO-UNSATURATED FAT LEVELS	% SATURATED FAT LEVELS
ALMOND	221C	26	66	8
AVOCADO	270C	14	74	12
BUTTER	150C	4	28	68
RAPESEED OIL (UNREFINED)	107C	29	64	8
RAPESEED OIL (REFINED)	204C	29	64	8
COCONUT OIL	204C	2	6	92
CORN OIL	230-238C	57	29	14
FLAXSEED OIL	107C	71	20	9
OLIVE OIL (REFINED)	199-243C	11	75	14
EXTRA VIRGIN OLIVE OIL	160-190C	11	75	14
PALM OIL	235C	10	39	51
RICE BRAN OIL	213C	37	45	8
SESAME OIL	177C	44	41	15
SUNFLOWER OIL	160C	69	20	11
SUNFLOWER OIL (REFINED)	232C	69	20	10
HEMP OIL	165C	79	12	9
LARD	190C	12	47	41
GHEE	190-250C	3	32	65