Oil helps make our food taste delicious. But using too much oil or the wrong kind of oil can increase our risk for heart disease. Here are tips for using heart-healthy oils on every occasion.

MONOUNSATURATED FATS: These plant-based oils reduce heart disease more than any other oils.

POLYUNSATURATED FATS: These plant-based oils with omega-3 fatty acids help to reduce heart disease.

TRANS FATS: These man-made, partially hydrogenated vegetable oils increase heart disease more than all other oils (think margarine, shortening).

SATURATED FATS: These fats, mainly from animal sources like dairy and butter, are also found in tropical oils like coconut, palm and palm kernel oils.

BEST FOR Browning, Searing & Pan Frying
- Olive oil (extra virgin)
- Toasted sesame oil
- Walnut oil
- Sesame oil

BEST FOR Stir-Frying, Baking & Oven Cooking
- Almond oil
- Sunflower oil (high-oleic)
- Canola oil (high-oleic)
- Olive oil (light or highly refined)
- Peanut oil

BEST FOR SAUTÉING & SAUCE-MAKING
- Olive oil (extra virgin)
- Sunflower oil (high-oleic)
- Canola oil (high-oleic)
- Olive oil (light or highly refined)
- Peanut oil

Looking for one oil to get you through most cooking scenarios? Go for extra-virgin olive oil. But keep canola in the cupboard as a backup for higher temperature cooking.

WORSE FOR YOUR HEART

SMOKE MEANS TROUBLE
If oil starts to smoke in the pan, start over. Smoke produces toxic fumes and unhealthy byproducts.

ARE COOKING SPRAYS SAFE?
The FDA recognizes cooking sprays as safe. You can also fill manual pump spray bottles with your favorite oils.

CONTROL PORTIONS WITH OIL, TOO
One teaspoon of oil contains 40 calories and 4.5 grams of fat! When guesstimating, start with 1 tablespoon of oil and stop at 2.

IS DEEP-FRYING EVER OK?
Deep-frying has zero health benefits. Even when it’s veggies and fish, deep-frying adds fat, calories and, often, sodium. Lightly sauté or stir-fry instead to enjoy a food’s true flavor.

TOP HEART-HEALTHY OILS & HOW TO USE THEM

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