

# OILS & FATS.

## HOW & WHAT TO USE ON A **KETO DIET**

### NOTE:

Use oils/fats that contain higher levels of saturates fats (SFA) & monounsaturates fats (MUFA). Polyunsaturated fats (PUFA) should be consumed with more caution.

SFA Saturated Fats

MUFA Monounsaturates Fats

PUFA Polyunsaturated Fats

### COOK WITH: (oils with higher smoke points)



Avocado Oil

12 72 16



Coconut Oil  
(virgin)

92 6 2



Ghee  
(grass-fed)

65 32 3



Lard/Tallow  
(grass-fed)

43 47 10



Palm Kernel Oil  
(sustainable)

86 12 2

### DRIZZLE WITH: (better for dressings & sauces)



Avocado Oil

12 72 16



Canola Oil  
(non-GMO)

7 61 32



Macadamia Oil

13 84 3



Olive Oil  
(extra virgin)

15 75 10

### DON'T USE: (unbalanced Omega 6/3 ratios)



Corn Oil

13 29 58



Grapeseed Oil

10 17 73



Safflower Oil  
(unless high oleic)

7 14 79



Soybean Oil

15 23 62



Sunflower Oil  
(unless high oleic)

11 20 69



Peanut Oil

19 48 33