

# Get Your Fats Straight

<u>Fat/Oil</u>	<u>Largely Composed Of</u>	<u>Smoke Point</u>	<u>A</u>	<u>D</u>	<u>K<sub>2</sub></u>	<u>Other known benefits</u>
Avocado oil - refined	Monounsaturated	520°F/271°C*	X	X	X	X
Butter - from grass-fed cows	Saturated	250°F/121°C*	✓	✓	✓	CLA, Stearic Acid
Coconut oil - virgin	Saturated	350°F/177°C	X	X	X	MCTs
Coconut oil - expeller pressed	Saturated	360°F/182°C*	X	X	X	MCTs
Duck fat <sup>1</sup>	Monounsaturated/saturated	Depends	?	?	?	X
Ghee (clarified butter)	Saturated	485°F/252°C	✓	✓	✓	CLA, Stearic Acid
Lard	Monounsaturated/saturated	370°F/188°C	X	✓	X	X
Olive oil - extra virgin	Monounsaturated	375°F/191°C	X	X	X	Phenolics
Palm Oil	Saturated/monounsaturated	330°F/165°C <sup>2</sup>	X	X	X	Carotenoids <sup>3</sup>
(Unrefined) Palm Kernel Oil	Saturated	200°F/93°C <sup>4</sup>	X	X	X	MCTs
Schmaltz (chicken/goose fat) <sup>5</sup>	Monounsaturated/saturated	Depends	?	?	?	X
Tallow <sup>6</sup> (pasture-fed)	Saturated/monounsaturated	350°F/177°C <sup>7</sup>	X	X	X	CLA, Stearic Acid

<sup>1</sup> I have not been able to find any studies claiming vitamin content of duck fat, but I would be surprised if didn't have at least a little vitamin D. There might also be a small amount of vitamin A since it tends to be a little on the yellow side when you melt it. The actual smoke point will depend on how filtered it is - everyone's will be different.

<sup>2</sup> I couldn't find any credible published data here so I bought some Brazilian palm oil and tested it myself.

<sup>3</sup> Because these are delivered in oil it is feasible that they are converted into vitamin A to some degree. Some peoples may be more biologically capable of this than others.

<sup>4</sup> I couldn't find any credible published data here so I bought some unrefined palm kernel oil and tested it myself. A more refined product would certainly have a higher smoke point but I couldn't find any.

<sup>5</sup> As with duck fat, I have not been able to find any studies claiming vitamin content of chicken fat, but, again, I would be surprised if didn't have at least a little vitamin D - and maybe some vitamin A. The actual smoke point will depend on how filtered it is - everyone's will be different.

<sup>6</sup> Tallow from a pasture-fed cow is lower in monounsaturated fat than the grain-fed kind. This is desirable since consuming monounsaturated fat will tend to cause more weight gain than saturated fat (sic). More information at <http://nutritiondata.self.com/facts/fats-and-oils/482/2>.

<sup>7</sup> These are conservative temperatures. You will see some higher temperatures published from time to time but I prefer to err on the side of caution. Use your own powers of observation and a little trial and error with the fats you use.

