

COOKING OILS



To support the recommendation of getting no more than 10% of total calories from saturated fat, **we should prioritize unsaturated fats over saturated fat**. Research suggests saturated fat increases cholesterol, which in turn is linked to cardiovascular disease.

What would this look like?

When cooking, consider using nontropical vegetable oils instead of solid fats and tropical oils. Like all dietary fats though, vegetable oils are best used in moderation and as part of a diet that emphasizes whole foods while limiting highly processed foods. For more information, visit tinyurl.com/mayo-clinic-dietary-fats or scan the QR.

CONSIDER THESE SWAPS



saturated fat



unsaturated fats

These food pictures are examples but not an all-inclusive list.

LOOK ON THE LABEL



Total Fat 14g	18%
Sat. Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 11g	

	Types of Oil	Saturated Fatty Acid (%)	Monounsaturated Fatty Acid (%)	Polyunsaturated Fatty Acid (%)
Nontropical Vegetable Oil	Corn oil	13.6	28.97	57.43
	Safflower oil (linoleic)	6.51	15.1	78.4
	Canola oil	7.46	64.1	28.49
	Almond oil	8.59	73.19	18.22
	Olive oil	14.19	74.99	10.82
	Soybean oil	16.27	23.69	60.0
	Sesame oil	14.85	41.53	43.62
	Sunflower oil (linoleic)	10.79	20.42	68.8
	Avocado oil	12.1	73.8	14.11
	Peanut oil	17.77	48.58	33.65
Tropical Oil	Palm oil	51.57	38.7	9.73
	Coconut oil	91.92	6.16	1.91
	Lard	41.1	47.23	11.73
Solid Fat	Butter	68.1	27.87	4.0
	Margarine (hard)	80	14	6
	Margarine (soft)	20	47	33

West Windsor Health Department
Serving West Windsor and Robbinsville
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Table Source: USDA. "The Effect of Diet on Cardiovascular Disease and Lipid and Lipoprotein Levels", Feingold 2024.
Other Sources: "Nutrition Fact Check: Seed Oils" & "Nutrition Fact Check: Saturated Fats", Academy of Nutrition and Dietetics. "Healthy Cooking Oils", AHA.