

Ultimate Oil Guide

Choose the best oil for your next recipe!

Grapeseed Oil

Nutrition: Contains vitamin E which may help boost the immune system; contains omega-6 fatty acids that are heart healthy in moderation.

Flavor: Clean, mild.

Uses: Can be used as an all-purpose oil.

Fun Fact: Grapeseed oil is made from discarded seeds from the wine-making process.

Coconut Oil

Nutrition: Contains saturated fat that can be healthy in moderation; may help raise good cholesterol.

Flavor: Ranges from a slightly sweet nutty flavor to a neutral flavor.

Uses: Can be used in place of butter or shortening.

Fun Fact: Coconut oil is solid at room temperature.

Canola Oil

Nutrition: Contains a small amount of plant-based omega-3 fatty acids (about 9% of total fat) which support heart and brain health.

Flavor: Neutral, slightly buttery.

Uses: Versatile oil that can be used in sautéing, stir-frying, grilling, and baking.

Fun Fact: The canola plant is in the same botanical family as cabbage, broccoli, and cauliflower.

Olive Oil

Nutrition: Contains antioxidants that protect our cells from being damaged; contains monounsaturated fats that are good for heart health.

Types of Olive Oil:



	Color	Flavor	Uses
Extra Virgin	Dark Green	Peppery, aromatic, bitter	Dips, dressings, adding extra flavor to a dish
Virgin	Light green or yellow	Less bitter, slightly aromatic	Sautéing or roasting to add a slight olive flavor
Regular	Pale yellow	Neutral flavor	All-purpose oil for cooking or baking