

Smoking Points and Omega-6/Omega-3 Ratio of Oils

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Cooking Oils / Fats	Smoke Point °C	Smoke Point °F	Omega-6: Omega-3 Ratio: 1:1 is ideal (+ other relevant fat information)
Unrefined flaxseed oil	107°C	225°F	1:4
Unrefined safflower oil	107°C	225°F	133:1
Unrefined sunflower oil	107°C	225°F	40:1
Unrefined corn oil	160°C	320°F	83:1
Unrefined high-oleic sunflower oil	160°C	320°F	40:1, 84% monosaturated
Extra virgin olive oil	160°C	320°F	73% monounsaturated, high in Omega 9
Unrefined peanut oil	160°C	320°F	32:1
Semi-refined safflower oil	160°C	320°F	133:1, (75% Omega 9)
Unrefined soy oil	160°C	320°F	8:1 (most are GMO)
Unrefined walnut oil	160°C	320°F	5:1
Hemp seed oil	165°C	330°F	3:1
Butter	177°C	350°F	9:1 depending on cow's diet, Mostly saturated & monosaturated
Semi-refined canola oil	177°C	350°F	2:1 [(56% Omega 9), 80% Canola is GMO.]

Coconut oil	177°C	350°F	86% healthy saturated, lauric acid (has antibacterial, antioxidant, and antiviral properties). Contains 66% medium chain triglycerides (MCTs).
Unrefined sesame oil	177°C	350°F	138:1
Semi-refined soy oil	177°C	350°F	8:1 (Usually GMO)
Vegetable shortening	182°C	360°F	mostly unhealthy saturated, Trans Fat
Lard	182°C	370°F	Omega ratios depend on how pigs were raised. 45-60% healthy mono-unsaturated fat; no transfats; source from pasture-raised "heirloom" pigs
Macadamia nut oil	199°C	390°F	1:1, 80% monounsaturated, (83% Omega-9)
Canola oil (Expeller Pressed)	200°C	400°F	2:1, 62% monounsaturated, 32% polyunsaturated (usually GMO)
Refined canola oil	204°C	400°F	3:1, 80% of Canola in US is GMO.
Semi-refined walnut oil	204°C	400°F	5:1
High quality (low acidity) extra virgin olive oil	207°C	405°F	13:1, 74% monosaturated (71.3% Omega 9)
Sesame oil	210°C	410°F	42:1
Cottonseed oil	216°C	420°F	54:1
Grapeseed oil	216°C	420°F	676:1, (12% saturated, 17% monounsaturated)
Virgin olive oil	216°C	420°F	13:1, 74% monosaturated (71.3% Omega 9)
Almond oil	216°C	420°F	Omega-6 only

Hazelnut oil	221°C	430°F	75% monosaturated (no Omega 3, 78% Omega 9)
Peanut oil	227°C	440°F	32:1
Sunflower oil	227°C	440°F	40:1
Refined corn oil	232°C	450°F	83:1
Palm oil	232°C	450°F	46:1, mostly saturated and monosaturated
Palm kernel oil	232°C	450°F	82% saturated (No Omega 3)
Refined high-oleic sunflower oil	232°C	450°F	39:1, 84% monosaturated
Refined peanut oil	232°C	450°F	32:1
Semi-refined sesame oil	232°C	450°F	138:1
Refined soy oil	232°C	450°F	8:1 (most are GMO)
Semi-refined sunflower oil	232°C	450°F	40:1
Olive pomace oil	238°C	460°F	74% monosaturated, high in Omega 9
Extra light olive oil	242°C	468°F	74% monosaturated, high in Omega 9
Ghee (Clarified Butter)	252°C	485°F	0:0, 62% saturated fat
Rice Bran Oil	254°C	490°F	21:1, Good source of vitamin E & antioxidants
Refined Safflower oil	266°C	510°F	133:1 (74% Omega 9)
Avocado oil	271°C	520°F	12:1, 70% monosaturated, (68% Omega-9 fatty acids) High in vitamin E.