

Using Oils

WE SHOULD PROBABLY REDUCE THE AMOUNT OF OIL WE'RE USING...

Oils are incredibly calorie dense, and some of them have a tendency to form free radicals.

Compare an olive to olive oil:

- 1 Tbsp olive oil is 14 grams and has 119 calories, 100% of which are from fat
- 1 ounce of whole olives are 28 grams and have 40.6 calories, of which 88% are from fat, 3% are from protein and 9% are from carbs.

Whole olives, even at twice the weight, have a third the calories of the oil. The secret is that the whole olives are made up of 21 grams (75% by weight) of water.

Because of their chemical structure, polyunsaturated fats are the most unstable and most prone to oil rancidity. Polyunsaturated fats should be part of a healthy diet, but getting them from refined plant oils is not a great idea. Go to the source: fats from whole foods.

OIL CAN BE USEFUL IN CERTAIN CIRCUMSTANCES...

- in transition from diet heavy in oils to wean tastebuds to enjoy healthier foods
- to carry the flavor of spices (whole food fats can also do this)
- help with nutrient absorption (minerals and fat-soluble vitamins - whole food fats can also help)
- flax oil is a concentrated source of omega-3 fatty acids if ground flax or chia isn't digested well (for children and older adults)
- if cholesterol levels are low, coconut oil (saturated plant fat) can help the body produce cholesterol and balance hormones
- coconut oil also makes a fantastic skin moisturizer

USING OIL

- Oils should only be used if a whole-food form of fat isn't appropriate, like stir-frying.
- Use the minimum amount of oil necessary i.e. 1 teaspoon for 2 cups of vegetables
- Sautéing: heat the pan before adding oil, since it will quickly thin out and you'll use less
- Roasting: rub oil onto the veggies with your hands; you'll use less oil and coat them better
- Use the lowest temperature possible when cooking with oil
- Use the shortest cooking time possible when cooking with oil
- Use the most stable types of oils for cooking – olive and coconut are the best (monounsaturated and saturated)

OILS I USE

- unrefined extra-virgin olive oil
- unrefined sesame oil (toasted and untoasted)
- unrefined coconut oil
- unrefined cold-pressed flax or sacha inchi oil *never heated

OILS I WOULD USE IF THEY COST LESS

- walnut oil
- almond oil
- avocado oil
- any other unrefined monounsaturated oil

OILS I AVOID

- canola
- soy
- refined sunflower/safflower
- any other highly processed oil, ones with chemicals to bleach and deodorize