OILS

There has been so much said about good and bad oils, which ones are which?'
Saturated fats don't oxidize in the container or when you heat them up in a fry pan. That's why these cereal fats: canola oil, soybean oil, corn oil, cottonseed oil , safflower oil – these are polyunsaturated fats, very susceptible to oxidization and rancidity. Rancid fats cause vascular vessel damage and they are carcinogenic (cancer causing). These are all Omega 6. Don't use them.

If you are going to cook, use coconut oil, lard (from grass fed pigs is high in Vit. D, second highest source after Cod Liver Oil), or butter. Olive oil of course is the king of the healthy oils.
Recent studies have shown that low fat diets are dangerous. The brain is basically made of cholesterol/fats and suffers when you don't have enough healthy fats and oils in the diet.

Here is a little synopsis of oils to help you:

Avocado Oil: Rich in oleic acid, polyunsaturated fats, carotenoids, antioxidant rich nutrients. It is pressed from the pulp. The oleic acid is a monounsaturated heart healthy Omega 9 fatty acid.
About 12% of the avocado oil is saturated fat, 13% is polyunsaturated. It is comparable to olive oil.
Reports say it is high in lutein, good antioxidant for the eyes.
Avocado is one of the few cooking oils not extracted from seeds.
You can use refined avocado oil at high temperatures when cooking Refined avocado uses chemical solvents and heat to extract the oil.
Premium avocado oil as a finishing oil, like you use premium olive oil. Drizzle over the food just before serving to enhance the dish.
Use avocado oil on mild tasting foods, it doesn't overwhelm. It is often used in mayonnaise, healthier choice than canola.
If you can get virgin avocado oil, it is extracted without using solvents or high heat, better retaining the integrity of the avocado. Cold pressed uses low heat to extract, making extraction effective, and the product is less expensive but still retains the nutrition. These will be good to use raw, in salads.
Refined avocado oil's smoke point is over 500 degrees Fahrenheit. That's a higher smoking point than other popular high-temp oils like peanut oil and sunflower oil.

Butter: Grassfed butter, and organic butter are definitely superior choices. Avoid margarine completely.

Coconut Oil: This is now recognized as important food for the brain and cognization. Use for any deficiency as in Alzheimers, Add, ADHD etc. Also use for oil pulling - taking in a tablespoon and swishing it around the mouth for 10 minutes a day helps correct mouth problems and pull out toxicities in the mouth and body; don't swallow when done, spit out.

Cod Liver Oil: Extremely high amount of Vitamin A and D, taken from the liver of the cod fish. Also halibut liver oil is recommended. These oils have been used by mothers to protect the children from colds and flus since early last century.

Fish oils: They are obtained from eating fish, particularly cod, salmon and mackerel, or taking capsules containing extracted fish oil. If you can't eat large amounts of fish to obtain this oil, obtain the oils in capsule form at any health food store.
There is some confusion between the Fish Liver Oils which is the oil contained in the liver of halibut or cod (very high in vitamin A); and the Fish Body Oil which is the oil taken from behind the cheeks of very cold water fish such as salmon, arctic char etc., which is high in Omega 3 fatty acid and is very helpful in combating heart disease. Omega 3 is fuel for our heart, your brain and your joints.

Flax Seed Oil: This is an excellent source of the Omega 3 fatty acids. Some believe it is

the most effective method of increasing our Omega 3 level which is needed to bring balance to our high consumption of polyunsaturated vegetable oils which are rich in Omega 6 fatty acids. Do not cook with this oil, take it raw and straight, or mix a tablespoon of flax seed oil in a glass of orange juice, or add it to food just before serving warm or cold food. It has a short shelf life: about 3 weeks after opening if kept in the refrigerator, so buy in small quantities. Because essential fatty acids increase the metabolic rate, this oil is less likely than any other oil to result in weight gain and may help in losing weight if you are overweight.

Grapeseed Oil: **Grapeseed oil is a high smoking temperature, not oxidizing easily.**

Hemp seed Oil: **Some claim this to be the best fatty acid oil of all. You be the judge.**

Lard, Beef Tallow

Lard is made from pork fat. Beef tallow is made from beef fat (also used are bison, lamb or mutton, goat). These fats are the drippings of cooked meats.
Until the early 1900's lard was a staple cooking fat, used even for pie pastries. Whoever turned us against lard back in the last century, will not be happy that it is making a comeback.
Lard is heat stable so is a healthy choice when you are cooking. It is a saturated fat so has a benefit over the monounsaturated fats that are unstable in heat, and the polyunsaturated fats that are the most unstable. Unstable fats provide oxidization, free radicals, cell damage.
Recent tests show saturated fat consumption does not raise the risk of heart disease.
One tablespoon of lard contains 1,000 IU of Vit. D – however this is only from pastured hogs. Purchase your lard from a butcher or farmer who can tell you how the animals are raised.
Safe the fat renderings from when you cook your healthy meats.

In baked goods, lard lends tenderness and moisture, no discernible flavour. In the early 1900's beef fat was is short supply and so commercial oleomargarine was products from a combination of animal fats and hardened as well as unhardened vegetable oils. By 1945 manufacturers had switches to vegetable oils and fats. Being a synthetic product, margarine was white, resembling lard, but people liked the colouring of butter, so yellow colouring agents were used to change the product to look more like butter, initially by inserting a capsule of yellow dye inside a plastic bag that you had to distribute yourself. In 1955 the artificial colouring laws changed so you could buy it with the yellow dye already present.

Around 1930-40's Arthur Imhjausen in Germany developed an industrial process to produce edible fats by oxidizing synthetic paraffin was made from coal. They were fractionally distilled, and edible. The margarine made was found to be nutritious and tasty and contributed as much as 700 calories a day to the diet. However, the process required at least 60 kilograms of coal per kilogram of synthetic butter and was discontinued after world war 2.

During the second world war in the United Kingdom only 2 types of margarine were available – a high quality brand and a cheap brand, using whale oil. With the advent of television, advertisers had a nice market to push their products. In 1978 Krona was available in Europe – a blend of dairy cream and vegetable oils, called a 'spread'. In 1982 a blend of cream and vegetable oils called Clover was introduced in the U.K. with the slogan "I Can't Believe It's Not Butter". In the U.S. Products with less than 80% fat can be called spreads, but not called margarine.

In this 21st century the manufacturers have developed consumer appeal and phased out the use of hydrogenated oils, and became trans fat free. Many have refrigerator stable margarine spreads that contain only 1/3 of the fat and calorie content of traditional spreads. Other varieties include added omega 3 fatty acids, low or no salt, added plant sterols to reduce blood cholesterol, olive oil, or certified vegan oils. Manufacturers provided margarines in plastic squeeze bottles.

The basic method of making margarine today consists of emulsifying a blend of oils and fats from vegetable and animal sources, which can be modified using fractionation, interesterification or hydrogenation, with skimmed milk which may be fermented or soured, salt, citric or lactic acid, chilling the mixture to solidify it, and working it to improve the texture. Margarines and vegetable fat spreads found in the market can range from 10% to 90% fat, depending on dietary marketing and purpose

(spreading, cooking or baking). The softer tub margarines are made with less hydrogenated and more liquid oils than block margarines.

What is hydrogenation? Oils are hydrogenated by passing hydrogen gas through the oil in the presence of a nickel catalyst. The addition of hydrogen helps increase the melting oil of the oil, thus 'hardening' it. Margarines made in this way are said to contain hydrogenated fat and this is used today, although sometimes other metal catalysts are used such as palladium. If hydrogenation is incomplete (partial hardening), the relatively high temperatures use tend to flip some of the carbon-carbon double bonds into the 'trans' form so if these particular bonds aren't hydrogenated during the process they remain molecules of trans fats in the margarine, the consumption of which has been shown to be a risk factor for cardiovascular disease.

For this reason, partially hardened fats are used less and less in the margarine industry. Some tropical oils like palm oil and coconut oil, are naturally semi-solid and do not require hydrogenation.

Margarine

In 1871 it originally started out combining beef fat with vegetable oils (mostly cottonseed oil).

Olive Oil (virgin and extra virgin)

See Olive Oil – it is so important that it has its own listing.
Drizzle it on food. If you cook with it, you destroy nutrients. It is high in beta carotene, Vit. E.
It is a monosaturated fat, not a saturated fat (like animal fat). It has omega 9 as well, so it is perfectly balanced.
They are saturated fats that are better for you.
Olive oil help reduce the LDL cholesterol (bad cholesterol) and raises the HDL cholesterol (good cholesterol). Remember, oils can become carcinogenic when cooked so if you cook with olive oil, use just a little of the plain type. If you are using the oil in its raw state as you would for salads, get virgin cold pressed olive oil (and don't cook with it). As medicine we can also use this in our therapy to expel gallstones.
Recently it has been found that extra virgin olive oil helps the body make stem cells which regenerates everything.

OMEGA 3 Fatty Acids:

Alpha-Linolenic acid: Flax, pumpkin seed, soy bean, dark green vegetables from northern climates.
Eicosapentaenoic acid (EPA): fish body oil

OMEGA 6 Fatty Acids:

Linoleic acid: Safflower, sunflower, sesame seed, flax
Delta 6 Gamma-Linoleic acid: Evening Primrose oil, Borage oil, Black Currant Seed oil, Hemp

These oils have become a famous oil that some people find they absolutely need to have as part of their diet. For anyone suffering from PMS or hormonal disturbances, or from multiple sclerosis, this oil is a must. Do not get these Omega 6 oils mixed up the the dangerous Omega 6 seed oils like Canola, Sunflower, Safflower, Vegetable Oils that are the cheap oils most manufactured products use.
These flower oils coat and protect the nerves in the brain and especially in the central nervous system going down the spine. If you have multiple sclerosis for instance, the myelin sheath that protects your nervous system, has deteriorated and taking lots of these oils will help protect and coat the nervous system, giving the person well needed relief.

Evening Primrose Oil: **This is an Omega 6 fatty acid, the good kind. Evening primrose plants are rich in linoleic acid (GLA) which is needed for the normal structure of cell membranes and for regulating functions such as hormonal action. You can purchase this in capsule form in any health food store. This is not a cooking oil.**

Borage Oil: **This is similar to Evening Primrose Oil, but a higher quality. It has twice the GLA that Evening Primrose Oil has.**

Black Currant Seed Oil: **Another great Omega 6 oil, similar to Evening Primrose or Borage.**

Safflower Oil: **A good source of vitamin E, linoleic acid (the essential fatty acid our bodies cannot produce) and lecithin. It helps the body to change sugar into fat at a slower rate and helps prevent the body from retaining water.**

Sesame Oil: **One of the good things about this oil is that it is more stable than most of the other oils, therefore there is less chance of it becoming carcinogenic when cooked. It also has a wonderful aroma and flavor. This is most often used for oriental foods.**

Shortening

Shortening is made from hydrogenated vegetable oils. Do not confuse with the healthy lard we mentioned earlier. Be nervous when you see the name 'hydrogenated' which is a type of fat created by adding hydrogen to the product to make it more solid, extending the self life. Sometimes they add sugar and salt to the product. They contain harmful trans fats. Even partially hydrogenated oil is not safe.