

OILS COMPARISON CHART

Cooking Oils	OSI*	Health [% fat]				Application
		MUFA	PUFA	Sat	Trans	[Uses]
Omega-9 Canola	17	74	19	7		
Olive	12	75	10	15		
Mid Oleic Sunflower	10	65	26	9		
Canola	7	62	31	7		
Peanut	9	48	32	20		
Palm	23	39	10	51		
Corn	10	29	58	13		
Soybean	6	23	62	15		
PH Soy	25	20	10	30	40	
Cottonseed	10	19	54	27		

- Frying
 - Dressings
 - Sautéing
 - Spreads
 - Baking
 - Par-frying
 - Cooking
 - Spray Applications
 - Grill Oil
 - Sauces
 - Shortenings

= Good Fat
 = Bad Fat

*According to the American Oil Chemist Society (AOCS), the Oil Stability Index (OSI) is the point of maximum change in an oil or fat's rate of oxidation under standard conditions. In other words, the OSI determines the relative resistance of an oil or fat to oxidation and can be an indicator of the length of shelf life or fry life for that fat or oil.

Note: fatty acid profiles may vary slightly.
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COOKING OILS CHEAT SHEET

“Does it matter what type of oil I use in recipes?”

YES! Oil is more than a cooking medium – it’s an ingredient. As chefs, it’s important to know the properties of cooking oils and how they affect food, the kitchen and the bottom line.

“What makes oils different from one another?”

There are three pillars we can use to categorize cooking oils: taste, health and performance. Each pillar plays an important role in the differentiation and identification of oils.

TASTE: Certain oils have distinct flavors that enhance foods’ taste while others are neutral and don’t compete with foods’ natural flavors. Both types of oils are appropriate, depending on your gastronomic goals.

HEALTH: Oils contain various ratios of good and bad fats. As a result, oils have different health profiles that not only affect the stability or performance of the oil, but the health of your customers.


PERFORMANCE: It’s important to know how well oils perform in various applications. By knowing oils’ smoke points and fry life, you can make sure you’re getting the most from your oil, and your guests get the quality foods they love.


NOTE


With a basic knowledge of oils, you can use oils’ taste profiles, health attributes and performance characteristics to make the most of every meal.


“What makes oils healthy or unhealthy?”

The health profiles of cooking oils contain both good and bad fats. The various ratios of these fats contribute to how the oils affect customers’ health.

 **Monounsaturated fats (MUFAs):** Sometimes called omega-9s, these “heart healthy” fats can increase the amount of HDL or “good” cholesterol in the body, reducing the risk of heart disease.

 **Polyunsaturated fats (PUFAs):** Also called omega-3 and omega-6 fatty acids, these are “heart healthy” essential fatty acids that cannot be produced by the human body. Diets should consist of roughly two to four times more omega-6 fatty acids than omega-3 fatty acids. However, typical U.S. diets may contain 11 to 30 times more omega-6 fatty acids than omega-3 fatty acids.

 **Trans fat:** The byproduct of adding hydrogen to liquid vegetable oils, which increases oil stability and shelf life. Trans fat raises LDL (or “bad” cholesterol) while lowering the level of HDL or “good” cholesterol, thus contributing to heart disease.

 **Saturated fat:** According to the American Heart Association, saturated fats should be limited to less than seven percent of daily calories. Sat fats occur naturally in foods like meat and dairy products. Like trans fat, saturated fat contributes to the risk of cardiovascular disease, stroke and cancer because it raises the level of LDL or “bad” cholesterol.

“How can I evaluate oil performance?”

Pairing the right oil with the proper cooking method is important in terms of maintaining food taste, color and quality. The most important performance measurement is oil stability, or the ability to maintain a consistent fatty acid profile before breaking down.

The higher the oil stability, the longer the oil lasts and at higher temperatures. There are several key terms to consider when evaluating the performance of oil.

Smoke point: The temperature at which the oil begins to smoke and break down. When oil reaches its smoke point and begins to break down, you need to discard it and start over.

Fry life: The period of time oil may be used for frying foods before it needs to be discarded. The longer the fry life, the fewer times the oil needs replaced. The resulting benefit is less oil use.

Shelf life: The length of time oil may be stored without becoming unsuitable for use or consumption. Also refers to the “life” of packaged foods before taste or quality is compromised, where oil stability often plays a role.