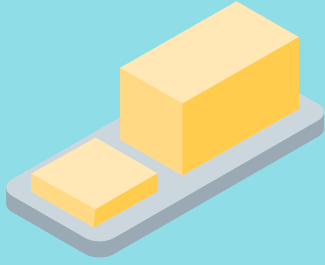




# Inflamm-O-Meter

## Cooking Oil Guide



### ALL PURPOSE Saturated Fat

- Butter
- Tallow
- Coconut Oil
- Ghee
- Lard



### CAUTION WITH HEAT Monounsaturated Fat

- Cold Pressed Olive Oil
- Cod Liver Oil
- Almond Oil
- Avocado Oil
- Hazel Nut Oil



### SAFE TO EAT AVOID COOKING Polyunsaturated Fat

**Omega-3**

- Flax Seeds
- Walnuts
- Chia Seeds
- Hemp Seeds
- Salmon
- Sardines
- Mackerel
- Herring



### AVOID Polyunsaturated Fat

**Omega-6**

- Soybean Oil
- Cotton Seed
- Sunflower
- Corn Oil
- Safflower
- Canola Oil
- Grape Seed



### DO NOT EAT Trans Fat

- Hydrogenated oils
- Restaurant Fried Foods
- Packaged snacks
- Fake Butter
- Shortening
- Margarine