

Cooking Oil Table

Cooking Oil	% PUFA	% MUFA	% SFA	Smoke point F	Smoke point C	
Coconut Oil	2	6	86	350	175	Super stable
Butter	3	21	51	350	175	Tasty
Tallow	4	50	42	375	190	Low cost
Lard	11	45	39	370	188	Low cost
Goose Fat	11	56	27	375	190	
Olive Oil	10	73	13	325-375	165-190	Varies by quality
Avocado Oil	13	70	12	480	250	High heat
Rapeseed/Canola	28	63	7	400	204	
Rice Bran Oil	37	38	25	490	260	
Sesame Oil	41	40	14	410	210	
Corn Oil	54	27	12	450	232	
Soybean Oil	61	24	15	450	232	
Sunflower Oil	65	20	10	450	232	Most unstable