Cooking Oils: The Good & Bad Transcript

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Choosing the Right Cooking Oils

So let's talk about cooking oils. Which ones are bad? Which one's are good? So olive oil is the one I always used to go to, right? I think that's what most people do.

We go right after olive, we use it on everything and we cook in it. put on our salads, but we actually shouldn't cook at high heats with olive oil because it can turn rancid and actually be a toxin to us if we use that.

When to Use Olive Oil

So lower heats, sauteing vegetables, put it on your salad, things like that, don't really want to heat olive. That's a big one not to eat. What other ones should we heat?

Should we eat? So butter, ghee, coconut oil, those are all okay at higher temperatures. For sure. Talo is another one.

High-Heat Fats and Cooking Options

Those are just different forms of fat. I'll actually use it. I actually make my bacon on a sheet a cookie sheet in the oven. And then once the grease is on there from the bacon, I'll throw some veggies on it and put that back in oven and kind of cook it that way.

Or some other fat that you can use or even save that if you want to cook in that. My great grandmother did that for many years and lived to be 96 years old.

So we'll take our bacon fat. On the topic of oils, one you definitely don't want use is vegetable oil and canola oil. Vegetable oil is actually not vegetable at all.

It's corn, which is not good for us.

Why to Avoid Vegetable and Canola Oil

We tell you not to eat corn. Why don' we eat because it's a GMO, which is a genetically modified organism. And it has been sprayed several times throughout its life with insecticides and pesticides.

Glyphosate, so corn in and of itself is actually a registered pesticide at this point. They've modified it that much. So we don't want to use any oils that have corn and then canola oil is made from rapeseed oil and those are highly toxic and not good for us.

We want to stick to our healthy oils that we have previously discussed.