

How to choose the suitable cooking oil?

Choose Blended Oil

Mixing **two or more different oils** to achieve **balanced ratio** of saturated and unsaturated fats.



Longer shelf life



Improve nutritional value as it provides different types of essential fatty acids



Can use in **all types of cooking method**



Not suitable for deep frying because it will be degraded easily due to a low smoking point



How to choose the suitable cooking oil?

Choose Suitable Oils For Suitable Cooking Method

High Smoking Point

Frying, deep frying, sautéing, broiling and other high heat cooking methods

Palm Oil, Corn Oil, Soya Oil, Vegetable Oil, Canola Oil

Medium Smoking Point

Baking, sauteing on medium heat marinades, sauces, simmering, dressings

Pure Olive Oil, Sesame Oil, Lard or Animal Fat, Butter

Low Smoking Point

Dressings, drizzle over already cooked food, cold or raw food

Extra Virgin Coconut Oil, Extra Virgin Olive Oil



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Reminder

1 Although these oils are considered healthier, it is important to

✔ **Limit oil consumption**

✔ **Choose low fats cooking method**

2 Do not reuse cooking oil more than twice.

