

## BOOK BONUS

# GUIDE TO FATS



*The ultimate elimination diet to attain  
optimal health and heal your body*

### FATS AND SMOKE POINTS

Quality fats, smoke  
points when  
cooking fats and  
the best options for  
fat

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**DISCLAIMER:** The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

## Carnivore Cure Bonus

# GUIDE TO HEALTHY FATS (AND SMOKE POINTS)

## Oil Options

We've talked about fats becoming rancid and inflammatory. We've talked about how some fats are more unstable and may cause damage to our cells. Here is a list of smoke points for oil.

### PLANT-BASED OILS

I get asked about plant-based oils. There are several I would consider using as an alternative source of fat. Here are my top three:

- **AVOCADO OIL:** This is the only plant-based oil I would cook with as it has a high smoke point. But not everyone can tolerate avocado oil. Avocado oils are higher on the FODMAP list. They are also high in the antinutrient, salicylates. So, if you decide to consume avocado oil, follow the Carnivore Cure reintroduction protocol and proceed with caution.

Know your body (bloating and feelings of unwellness after consuming are some indicators). Our family uses avocado oil on occasion but we stick to animal-based fats.



- **OLIVE OIL:** Olive oil is known to have anti-inflammatory compounds. Olives also have potential allergens (olive pollen) that can cause dermatitis in some people. Olive oil can be cold-pressed or not and some are mixed with other seed oil blends—reference Carnivore Cure for the discussion on the truths of cold press in the United States. Olive oil does not have a high smoke point and should be limited to light cooking.

Olive oil is a viable option but just make sure it's the highest quality, in a dark glass jar and 100% unrefined, cold-pressed olive oil.


Olives do have oxalates, but they are mostly removed in oils, as oxalates are water-soluble.

- **COCONUT OIL:** All refined coconut oil should be removed from your diet. Unrefined coconut oil is a better option.

## BEYOND MEAT INGREDIENTS

# REFINED COCONUT OIL

- **Processed oil derived from coconuts through a process called dry milling. Process includes baking and bleaching the oils**
- **Refined coconut oil is also known as “RBD Coconut Oil” = Refined, Bleached & Deodorized**
- **Colorless and nearly tasteless. No real coconut taste or smell (but it’s coconut oil...)**
- **Likely rancid and may be inflammatory**
- **Less proteins, nutrients and antioxidants**
- **Unrefined coconut oil is the best option.**





**INGREDIENTS:** Water, Pea Protein Isolate\*, Expeller-Pressed Canola Oil, **Refined Coconut Oil**, Rice Protein, Natural Flavors, Cocoa Butter, Mung Bean Protein, Methylcellulose, Potato Starch, Apple Extract, Salt, Potassium Chloride, Vinegar, Lemon Juice Concentrate, Sunflower Lecithin, Pomegranate Fruit Powder, Beet Juice Extract (for color)

Source: <https://www.beyondmeat.com/products/the-beyond-burger/>

[www.carnivorecure.com](http://www.carnivorecure.com)


Oil has been refined by using chemicals, what the manufacturers call purifying. Purifying can mean the oil was treated with acid, purified with an alkali, or purified with bleach. The oil can then be neutralized, filtered or deodorized. All of which require chemicals like hexane. (just like canola oil.) When oils are refined, oftentimes, they become rancid PUFAs, oxidize and turn into trans fats. The smell is rancid that bleach is used to deodorize and make the oil tasteless.

So back to refined coconut oil, or RBD coconut oil: Refined, bleached and deodorized. They are dry milled, where they are first baked, then the oil is extracted. The oil from the copra, the dried kernel, is not fit for human consumption. So, the oil is then bleached to kill off microbes and remove dust particles, insects and fungal spores.

This bleaching clay for filtration results in a clear, mild-tasting coconut oil. But the baking and bleaching also reduce the benefits of coconut oil, such as the polyphenols and MCFAs. Some refined coconut oils add partially hydrogenated fats (trans fats) for lower cost and longer shelf life.

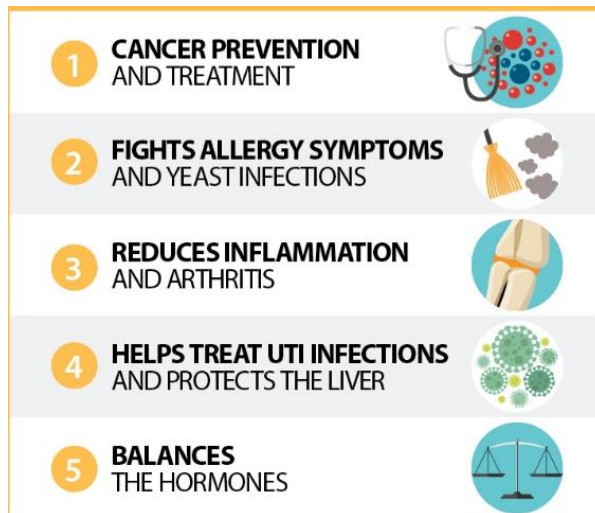
The best option is unrefined coconut oils where the oil is extracted from fresh coconuts spun in a centrifuge and undergoes no bleaching (wet milling). Oftentimes these coconut oils are called virgin, raw or pure. These unrefined coconut oils have a coconut flavor and has most nutrients intact.

And in case you're wondering, refined coconut oil's smoke point is 400 but unrefined coconut oil is 350. But do you want to cook with a fat that may already have trans fats?

If you consume coconut oil for its antioxidant and anti-inflammatory benefits, then stick to unrefined. Next time you see coconut oil on the shelves and see the variance in prices, now you know why. And while Beyond Meat attempts to use coconut oil in its foods, it's highly likely the oil has gone rancid with its canola oil (discussed in Carnivore Cure) buddy and both combined make a strong pair of trans fats.

**Coconut oil is 70% medium-chain fatty acids but 30% long-chain fatty acids.**

### Medium-chain fatty acids benefits



### Long-chain fatty acids

Long-chain fatty acids can harm the immune system (remember, 70-80% of the immune system is in the small intestine). Which makes long-chain fatty acids, not ideal for optimal gut health. Long-chain fatty acids can also harm the cardiovascular system, as they create an inflammatory response

If you are struggling with gut disease or if you have any autoimmune disease (Hashimoto's, lupus, rheumatoid arthritis, etc.), shy away from coconut oils. The best way to know for sure is doing the Carnivore Cure elimination + reintroduction protocol.

You can learn more [here](#).

- **MCT OILS**

MCTs are derived from coconut oils. They are a better option as it removes the long-chain fatty acid but never buy in plastic and never cook with MCT oils. They can rancidify quickly.

**SOMETHING TO CONSIDER:** As keto has become a household diet, there are hundreds of MCT oils on the market. How do you know which one to consider? There is MCT-8, MCT-10, MCT-12? How do you know if your oil has the better one? How do you know the amounts are truly what the container lists? How do you know you aren't getting any of the long-chain fatty acids in coconut oil? This is why I stick to animal fats—in its natural form.

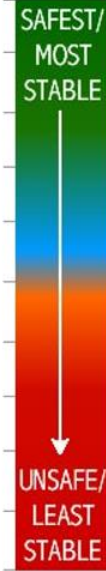
I'm sure some of you are stuck on, "what? There are different MCTs?" I won't get into the details because I'm not a big fan, but C-8 is touted to be the energy booster, C-10 is known for the antifungal support and C-12 is known for its antimicrobial support. Which also begs the question, if you don't have an excess of bad gut bugs in your system, if you consume coconut oils or MCT daily, what microbes are you anti-*ing*?

### SMOKE POINTS

Notice the commonality in fats with high smoke points– they all have high percentages of saturated fat. This highly stable fatty acid allows the fat to remain stable when heated.

Remember, smoke points are when oils go bad. These oils then do damage to the body when consumed. You can smell damaged oils when they are burning on the stove. But I'm sure you don't grab bleaching clay (reference the refined coconut oil section). I usually cook with ghee, bacon fat, tallow, meat trimmings or lard. Cooking with butter isn't ideal as it burns pretty quickly. To be safe, ghee is best.

**Note:** Avocado's smoke point is at 520°F. All smoke points are shown in Fahrenheit.

		TOTAL FAT	SFA	MUFA	PUFA	SMOKE PT
	COCONUT OIL	100g	86g	6g	2g	350/450
	TALLOW/SUET	94g	52g	32g	3g	400
	BUTTER	81g	51g	21g	3g	350
	LARD	100g	39g	45g	11g	370
	OLIVE OIL	100g	14g	73g	11g	420
	PEANUT OIL	100g	17g	46g	32g	450
	VEGETABLE SHORT.	71g	23g	8g	37g	360
	CORN OIL	100g	15g	30g	55g	450
	SOYBEAN OIL	100g	16g	23g	58g	450
	SUNFLOWER OIL	100g	11g	20g	69g	450

Source: USDA Nutrition Database and Healthline Smoke Points

## Safest for Cooking

### GREAT FOR FRYING, BAKING, BROILING, GRILLING, AND ROASTING

- **LARD** – approximately 40% saturated, 48% monounsaturated, and 12% polyunsaturated
- **GHEE** – approximately 65% saturated, 25% monounsaturated, and 5% polyunsaturated
- **BEEF AND LAMB TALLOW** – approximately 52% saturated, 44% unsaturated, and 3% polyunsaturated

Animal fats should ideally be sourced from organically raised, grass-fed pastured animals, as fat stores a lot of the fat in the body.

### LARD

Lard is the fat from pigs (pork fat). It is safe for cooking and frying due to its nearly equal fatty acid profile of 40% saturated and 48% monounsaturated fats. Lard has approximately 12% PUFAs (polyunsaturated fatty acids) but will vary depending on the animal's diet. Lard is a source of vitamin D if the pigs from which it is rendered have been allowed to live outside in the sun and pasture on grass (Larson-Meyer et al., 2017).

### GHEE – INDIAN CLARIFIED BUTTER

Ghee is a stable, saturated butterfat with the milk solids (casein proteins) removed. It is safe for cooking and light frying (Sharma, Zhang, and Dwivedi, 2010). If you are intolerant to butter, try ghee (ghee is not 100% lactose-free). Ghee is prepared by heating unsalted butter at a medium temperature until the water content of the butter has evaporated. This allows the casein to separate and sink away from the butterfat. Next, the butterfat is carefully removed, leaving the milk proteins behind. The butterfat is then allowed to cool and solidify to be packaged as ghee.

### BEEF AND LAMB TALLOW

Very safe for cooking and frying. Tallow fats are 50-55% saturated, 40% monounsaturated and only 3% or less polyunsaturated. McDonald's used to fry their French fries in 93% beef tallow (along with 7% cottonseed oil) before changing over to vegetable oils with added chemical flavor enhancers in 1990 (Schlosser, 2001).

### CHICKEN, DUCK, AND GOOSE FAT

These poultry fats are relatively stable. Duck and goose fats are somewhat superior to chicken fat due to their higher saturated fatty acid content and safer for sautéing and frying at higher temperatures. Chicken fat has higher MUFAs (monounsaturated fatty acids) and a lower saturated fatty acid profile. So, chicken fat is best used for low to medium heat cooking (quick stir-frying, light sautéing, and slow, low simmering).



## Safe for Cooking

**QUICK STIR-FRYING, LIGHT SAUTÉING, AND SLOW/LOW SIMMERING ARE APPROPRIATE FORMS OF HEAT FOR THESE OILS.**

- **OLIVE OIL (UNFILTERED, DOMESTIC)** – approximately 14% saturated, 75% monounsaturated, and 9% polyunsaturated. Remember, all seed oils should be extracted via expeller-pressing.

### OLIVE OIL – OLEIC ACID

Olive oil contains 75% MUFAs. It is relatively stable for cooking. Lightly cooking with olive oil over medium heat (less than 400 degrees) is considered safe.

Skip the canned, olive oil sprays. They have higher chances of oxidation.

## Never Consume Under any Circumstances

- **CANOLA OIL/RAPESEED OIL** – approximately 7% saturated, 63% monounsaturated, and 28% polyunsaturated
- **CORN OIL** – approximately 12% saturated, 27% monounsaturated, and 54% polyunsaturated
- **COTTONSEED OIL** – approximately 25% saturated, 17% monounsaturated, and 51% polyunsaturated
- **SOYBEAN/VEGETABLE OIL** – approximately 7% saturated, 75% monounsaturated, and 12% polyunsaturated
- **VEGETABLE SHORTENING**
- **PARTIALLY HYDROGENATED FATS/OILS** (all)

### CANOLA OIL

Canola is the most common oil in for prepared foods, including Whole Foods Markets. Canola is a highly processed oil. The delicate PUFAs in canola turn rancid quickly during processing. Canola oil does not belong in the human diet. Other experts, however, disagree, and canola oil is commonly claimed to be a *heart-healthy* fat safe for cooking, especially from the [World Health Organization](http://www.who.int). A deeper dive into canola oil is found in Carnivore Cure.

### COTTONSEED OIL, SOYBEAN OIL, CORN OIL

Cotton, along with soy and corn, is one of the most genetically modified, pesticide-laden crops in America. Besides the danger of ingesting these pesticides, when did cotton and its seed become food? The extraction and hydrogenation processes used to process these seed oils quarantine pesticides in the oil—yes, the pesticide level in cotton, soybean, and corn oil is high. Cottonseed oil is one of the main ingredients in Crisco shortening, along with hydrogenated soybean oil.



## Grass-fed butter (raw is ideal)

Raw butter contains both omega-3 and omega-6 fatty acids in healthy levels. Butter has CLA (Conjugated Linoleic) fatty acids to support weight management, muscle growth, and may even protect against cancer. Fat-soluble vitamins A, D, E, and K help us absorb and properly assimilate naturally occurring trace minerals found in butter (zinc, selenium, iodine, chromium, manganese, etc.). Reference Carnivore Cure for the butter nutrition infographic.

Butter also contains butyric fatty acids, which may help protect against fungal infections and tumor growth. Butter also contains arachidonic fatty acids for proper inflammatory and anti-inflammatory responses to heal effectively. Butter also enhances brain function and increases cell membrane integrity.


Butter tends to burn quickly, so adding to a sizzling steak or letting it melt in your mouth is ideal. Keep cooking with butter to a minimum.

Even if your butter isn't grass-fed or raw version, it is still better than seed oils. If you notice food sensitivities or allergic reactions to butter, try the Carnivore Cure elimination and reintroduction protocol using the highest quality butter.

## Closing

Choose your fats wisely to ensure they have been minimally and safely processed, or better yet, not processed at all. Remember, healthy fats are an essential macronutrient component of our diet.

Consume a wide variety of fats from whole oils to whole foods containing healthy fats and carefully monitor and limit your consumption of PUFAs (from seed oils). If you want to learn more about fats, I recommend reading Weston A. Price's, [The Oiling of America](#).

In  and health,



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