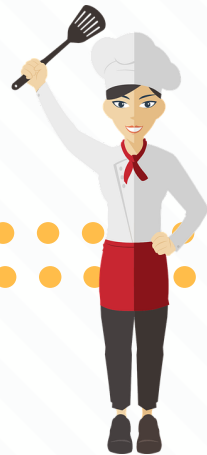


WHICH OIL SHOULD I USE?



CHOOSE OFTEN

Mustard oil
Canola oil
Flaxseed oil
Grapeseed oil
Avocado oil
Olive oil
Soft margarine

Use oils that are high in **unsaturated fat** to keep your heart healthy.

LIMIT

Coconut oil
Hard margarine
Butter
Whipped butter
Ghee
Palm oil
Shortening

Avoid or limit oils that are high in **saturated fat** to reduce your risk of heart disease.

Information provided by:

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