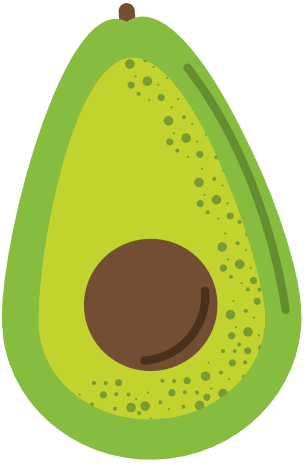


# YOUR GUIDE TO FATS & OILS

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



## Best Oils

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- Extra Virgin Olive Oil with COOC sticker
- Avocado Oil
- Coconut Oil
- Grassfed Butter
- Ghee
- Animal Fat

## Mediocre Oils

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- La Tourangelle Grapeseed oil
- Palm oil (but serious environmental issues)
- La Tourangelle Sunflower Oil
- Walnut oil
- Peanut Oil
- Sesame Seed Oil
- Flaxseed Oil



## Never Oils

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- Canola Oil
- Rapeseed Oil
- Corn Oil
- Soybean Oil
- Rice Bran Oil
- Sunflower Oil
- Safflower Oil
- Margarine
- Crisco

**\*All oils are best organic and stored in glass or stainless steel containers away from heat and light exposure**

**ACCUMULATE HEALTH**