

Which Oil is Good for Cooking?



MUSTARD OIL
250 °C
Indian cooking

SMOKE POINT
Anti-inflammatory
Best uses



GROUNDNUT OIL
227 °C
Frying

HEALTH BENEFITS
Heart-healthy
Frying



SUNFLOWER OIL
232 °C
General cooking

BEST USES
Rich in vitamin E
Sautéing, salads



OLIVE OIL
190 °C
Sautéing, salads

BEST USES
Boosts energy
Low-heat cooking



COCONUT OIL
177 °C
Low-heat cooking

BEST USES
Cholesterol-lowering
Deep frying

Good Cooking

Mark Steyvers



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