

The Big Difference

in High Oleic Sunflower Oil



SMOKE POINT
SMOKE POINT

		MONOUNSATURATED	POLYUNSATURATED		SATURATED	TRANS FATS
		Healthy/Essential	Linoleic C18:2	Linolenic C18:3	In Moderation	Avoid
> 450° Deep Frying Sautéing Searing Browning	HIGH OLEIC Sunflower	82%	9%		9%	
	HIGH OLEIC Safflower	78%	13%		9%	
	Almond	70%	21%		9%	
	MID OLEIC Sunflower	65%	26%		9%	
	Avocado	65%	18%		17%	
	Peanut	49%	33%		18%	
	REFINED Sesame	45%	42%		13%	
	Rice Bran	41%	34%	1%	24%	
	Ghee	32%	3%		65%	
	Corn	25%	60%	1%	14%	Trans fats when heated to high temps
	Soybean	24%	53%	8%	15%	Trans fats when heated to high temps
	LINOLEIC Sunflower	19%	68%	1%	12%	Trans fats when heated to high temps
	REFINED Coconut	6%	3%		91%	
390-449° Baking Sautéing Oven Cooking	EXTRA VIRGIN Olive Oil	72%	11%		17%	
	Canola/Rapeseed	62%	21%	10%	7%	Trans fats when heated to high temps
	Beef Fat	44%	4%		52%	
	Palm	39%	10%		51%	
	Cottonseed	18%	55%		27%	
	Grapeseed	17%	71%		12%	
	Safflower	13%	78%		9%	
300-389° Sauces Low Heat Baking	Lard	47%	12%		41%	
	Walnut	28%	51%		16%	5%
	Butter Fat	23%	3%		66%	8%
	Hemp	12%	55%	25%	8%	
< 300° Dressings Dips Do Not Heat	Flax	21%	21%	48%	10%	