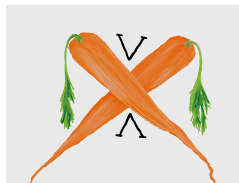




TYPE OF OIL	HEALTH BENEFITS	STORAGE	HEAT TOLERANCE	COOKING
<u>Extra Virgin Olive Oil</u>	High in Omega-9's Gut, heart, hair, skin health	Keep in cool, dark place, buy in dark glass bottle.	Low-heat cooking only	Dressings and low-heat baking
<u>Extra Virgin Coconut Oil</u>	High-quality saturated fat Gut, brain, hair, skin health	Keep at room temp, buy in glass bottle.	Medium to high-heat cooking. Do not let it smoke	Baking, sautéing, stir-fries, etc.
<u>Grapeseed Oil</u>	High in omega-6s Anti-inflammatory	Keep at room temp, buy in glass bottle, choose hexane-free.	Medium to high-heat cooking, no smoke	Baking, sautéing, stir-fries, etc.
<u>Sesame Oil</u>	High in Omega-6s Skin health	Keep in cool, dry, dark place.	<u>Unrefined:</u> No heat cooking <u>Refined:</u> Low heat only	Use for finishing dishes after they are removed from heat
<u>Walnut Oil</u>	High in omega-3 and 6s Anti-inflammatory, Brain health and immunity	Keep in refrigerator, buy in small quantity, use up quickly.	<u>Unrefined:</u> No heat <u>Refined:</u> Low heat	Salad dressings, finishing dishes after they are removed from heat

THE VARIANT VEGGIE



PLANT-BASED NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.



WHOLE FOOD FATS	HEALTH BENEFITS	STORAGE	HEAT TOLERANCE	COOKING
<u>Flax seed Meal</u>	High in Omega-3s Anti-inflammatory Brain health and immunity	Keep in refrigerator or freezer.	Medium to high heat tolerant, best when raw	Baking Add to oatmeal, salad, smoothies, etc.
<u>Chia Seeds</u>	High in Omega-3s and some Omega-6s Anti-inflammatory Blood sugar control Heart Health	Keep in refrigerator.	Medium to high heat tolerant, best raw	Baking as egg replacement, used as thickener for smoothies, puddings, or oats, topping for salads, granola, etc.
<u>Hemp Seeds</u>	High in Omega 3 and 6s Anti-inflammatory Brain health and immunity	Keep in refrigerator.	Best raw, No heat	Use to top granola, salads, cooked vegetables, etc.
<u>Whole raw nuts</u>	Great fiber and protein source Brain and heart health	Keep in refrigerator. Room temp only for short times.	Heat tolerant, fresh is best	Baking, snacks, milks, creams, butters, etc.
<u>Olives</u>	High in Omega-9s Heart, hair, and skin health	Opened jars in the refrigerator.	Medium heat tolerant or used raw	Dips, salads, stews, sauces, etc.
<u>Avocado</u>	High in Omega-9s Gut, eyes, and heart health	Room temp.	Use raw , does not heat well	Base for dips, creams, topping for dishes, or eat whole

THE VARIANT VEGGIE



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