

# naturopathic essentials

## HEALTH CENTRE

General Family Practice - Dermatology - Pain Management Care



NATUROPATHIC NEWSLETTER

COOKING WITH OILS

### Smoking point: Cooking with the right oils!



With all the good benefits of olive oil, more and more people have adopted this oil as their main cooking oil. That is good news as there are numerous studies supporting its health benefits. See the next article for more details.

However, few people understand the concept of smoking point and which oils they should be using with different

styles of cooking. Too often, I hear of people stir frying their meats or vegetables at high heat. Olive oil is definitely not meant to be used that way, especially the extra virgin variety.

The “smoke point” of an oil is the temperature at which the oil begins to decompose. This leads to a loss of nutritional integrity and the creation of free radicals, which cause damage to our cells and DNA. Antioxidants from fruits & vegetables as well as from herbs & spices can negate these free radicals.

In addition, carcinogenic compounds are formed when oils are heated at

high temperatures. These compounds are also sent up into the smoke which many cooks inhale.

The next time you see smoke arising from your heated oil, it is best to stop cooking and toss out the oil. Few people seem willing to do that so the best advice I can give is to take precaution and cook at a lower heat. Be mindful of the smoking point of different oils.

On the next page, I have provided a breakdown of the different cooking oils for you. Keep this on your refrigerator for easy reference.

#### Principles of Naturopathic Medicine:

- First, to do no harm
- To treat the *causes* of disease
- To teach the principles of healthy living and preventative medicine
- To support the healing power of the body
- To heal the whole person through individualized treatment.

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### Health Benefits of Olive Oil

Here are some of the benefits associated with consuming olive oil in place of other oils/fats:

- Protective against heart disease, diabetes, atherosclerosis & colon cancer
- It increases HDL (good cholesterol) while controlling LDL (bad cholesterol)
- Can lower blood pressure
- Rich supply of polyphenols (antioxidants)
- Anti-inflammatory effects

### Buying & Storing Olive Oil

- Buy Extra Virgin Olive Oil
- Purchase oils in a dark container or tinted glass bottle
- Store away from light & heat
- Best used within 12 months because its beneficial health properties drop off dramatically afterwards. So buy only as much olive oil as you will use for the next 3 - 4 months.
- Buy from a grocery store with a high turnover

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"The **care** you want  
the **health** you need"  
- Dr. Ian Koo, ND

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### Comparing Oils

**Smoke Point:** An oil's "smoke point" indicates how high a heat the oil can take before beginning to smoke which releases free radicals and carcinogenic compounds.

#### NEW SERVICE

At the request of our patients, the clinic has begun to carry some professional lines of health supplements.

We are committed to carrying products that have been rigorously tested and are of the highest quality.

Patients of the clinic are entitled to a 15% discount and are not charged PST on health supplements purchased.

**FISH OIL  
IS THE  
BEST  
SOURCE  
OF OMEGA  
3 FATTY  
ACIDS**

USES	OIL TYPE	SMOKE POINT
<b>ALL PURPOSE COOKING</b>	<b>HIGH HEAT OILS</b>	
Oils with a high smoke point are ideal for sauteing, frying and other high heat applications.	<ul style="list-style-type: none"> <li>Avocado</li> <li>Almond</li> <li>Apricot Kernel</li> <li>Canola (super high heat)</li> <li>Safflower (super high heat)</li> <li>Sunflower</li> <li>Palm Fruit</li> <li>Safflower (high oleic)</li> <li>Sesame</li> </ul>	<ul style="list-style-type: none"> <li>510 °F</li> <li>495 °F</li> <li>495 °F</li> <li>460 °F</li> <li>460 °F</li> <li>460 °F</li> <li>450 °F</li> <li>445 °F</li> <li>445 °F</li> </ul>
<b>BAKING AND SAUTEING</b>	<b>MEDIUM-HIGH HEAT OILS</b>	
These oils tend to have a neutral flavour and are thus best used for baking or sauteing.	<ul style="list-style-type: none"> <li>Canola</li> <li>Grapeseed</li> <li>Walnut</li> <li>Safflower (high oleic)</li> <li>Coconut</li> <li>Soy</li> </ul>	<ul style="list-style-type: none"> <li>425 °F</li> <li>425 °F</li> <li>400 °F</li> <li>390 °F</li> <li>365 °F</li> <li>360 °F</li> </ul>
<b>LIGHT SAUTEING AND SAUCES</b>	<b>MEDIUM HEAT OILS</b>	
These oils normally have fuller flavours, making them ideal for sauces and salad dressings or for sauteing at medium heat where the oil's flavour is intended as an integral part of the finished dish.	<ul style="list-style-type: none"> <li>Sesame</li> <li>Peanut</li> <li>Toasted Sesame</li> <li>Olive</li> <li>Corn</li> <li>Coconut</li> </ul>	<ul style="list-style-type: none"> <li>350°F</li> <li>350°F</li> <li>350°F</li> <li>325°F</li> <li>320°F</li> <li>280°F</li> </ul>
<b>USE RAW</b>	<b>NO DIRECT HEAT OILS</b>	
Oils with low smoke points have rich, robust flavours and a fragile structure so they are best poured directly on finished dishes or blended into salad dressings, sauces or taken directly.	<ul style="list-style-type: none"> <li>Borage</li> <li>Evening Primrose</li> <li>Flax</li> <li>Wheat Germ</li> </ul>	<ul style="list-style-type: none"> <li>225 °F</li> <li>225 °F</li> <li>225 °F</li> <li>225 °F</li> </ul>

Send your questions in to Dr. Koo, ND at [questions@naturopathicessentials.com](mailto:questions@naturopathicessentials.com)

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Visit Dr. Koo's Blog for more health & wellness tips.

[www.naturopathicessentials.blogspot.com](http://www.naturopathicessentials.blogspot.com)

Dr. Ian Koo, ND is a licensed Naturopathic Doctor trained in general family medicine. He has a special interest in helping to improve the quality of life for those living with chronic conditions such as cardiovascular diseases, gastrointestinal disorders & dermatological conditions. Ian has also had advanced training in the areas of Chinese herbology, pain management and is certified to perform facial rejuvenation (cosmetic) acupuncture. Ian is one of the few naturopaths on the Canada Post's list of approved ND's providing care for chronic low back pain, rotator cuff tendonitis and anxiety.

\* Naturopathic medicine is **covered** by virtually all **employer insurance plans**.  
Patients not covered can claim a health care credit from their income taxes.