

COOKING OILS



COOKING
USES



DEEP FRY

STIR FRY

SAUTE



BAKE



DIPS

DRESSINGS

SMOKE
POINT

510°F

480°F

470°F

420°F

420°F

420°F

410°F

390°F

365°F

365°F

120°F

OIL

AVOCADO

RICE BRAN

OLIVE LIGHT

ALMOND

GRAPESEED

VIRGIN OLIVE

SESAME

MACADAMIA

COCONUT

EXTRA VIRGIN OLIVE

HEMP SEED

HEALTH
PROPERTIES

rich in vitamin E

rich in vitamin E & antioxidants

rich in antioxidants & health-boosting properties

rich in vitamins E and B, & Omega 6

rich in antioxidant vitamins E, C and beta carotene.
may protect the heart and cardiovascular system.

rich in antioxidants

rich in antioxidants

rich in Omega 9

rich in lauric acid
helps to maintain normal cholesterol levels.

rich in antioxidants, heart-healthy fats & Omega 9

rich in protein, phytosterols, phospholipids & chlorophyll.
contains calcium, sulfur, magnesium, potassium, zinc,
sulfur, potassium and vitamins A, B1, B2, B3, B6, C, D & E.



bom appetite!