

Culinary Oil Selection Guide

Uses	Oil Type	Smoke Point
High heat: suitable for all purposes, especially frying, stir-frying, high temperature baking, and other high-heat applications	Avocado (refined)	510°F
	Almond (refined)	495°F
	Apricot kernel (refined)	495°F
	Canola (super high-heat), refined	460°F
	Safflower (very high-oleic), refined	460°F
	Sunflower (high-oleic), refined	460°F
	Corn (refined)	450°F
	Palm fruit (refined)	450°F
	Peanut (refined)	450°F
	Soy oil (refined)	450°F
	Safflower (high-oleic, refined)	445°F
	Sesame (refined)	445°F
	Hazelnut (refined)	430°F
	Canola (refined)	425°F
Medium-high heat: sautéing and baking	Grapeseed (refined)	425°F
	Walnut (refined)	400°F
	Safflower (high-oleic, unrefined)	390°F
	Coconut (refined)	365°F
	Soy (semirefined)	360°F
	Peanut (unrefined)	350°F
Low to medium heat: sautéing and baking at lower, more moderate heat	Sesame (unrefined)	350°F
	Toasted sesame (unrefined)	350°F
	Olive (unrefined)	325°F
	Corn (unrefined)	320°F
	Soy (unrefined)	320°F
	Coconut (unrefined)	280°F
	Argan (unrefined)	225°F
No heat	Almond (unrefined)	225°F
	Avocado (unrefined)	225°F
	Flaxseed (unrefined)	225°F
	Hazelnut (unrefined)	225°F
	Pumpkin (unrefined)	225°F
	Safflower (unrefined)	225°F
	Sunflower (unrefined)	225°F
	Walnut (unrefined)	225°F

Adapted from Spectrum Organic Products, Inc. "Kitchen Guide."