

OILS AND SWEETENERS





OILS

Tips for optimal use of oils:

Be sure that any oils you choose are **UNREFINED**, virgin or extra virgin

UNSATURATED fats (mono and poly), which are the basis of all liquid oils, should not be heated

Never heat flax or hemp oil

Heated oils lose any benefits they may have had as they become oxidized and inflammatory

SATURATED fats, which are solid at room temperature, are heat stable and can be used for daily cooking

If you choose to use any olive oil, it is best to add it after food has finished cooking or drizzle on your meal directly



SWEETENER

Tips for optimal use of sweeteners:

If you choose to use any honey, source out pure RAW (unpasteurized, unheated) honey

Never heat honey; heat destroys the numerous beneficial compounds that honey contains and leaves us with an empty calorie sugar liquid

If you choose to use any maple syrup, source out pure, high quality 100% maple syrup options

Maple syrup contains various micronutrients, namely minerals, and can be heated

Cane sugar and cane juice are usually less processed forms of regular white and brown sugar

Opt for dried fruits, which are whole foods, and can be used to make various meals, snacks and desserts