

Best Cooking Oils, Ranked

A quick reference for choosing the right oil by cooking method.

Extra Virgin Olive Oil (EVOO)

Best for: Sautéing, roasting, dressings. **Why:** Rich in heart-healthy monounsaturated fats, high in antioxidants and anti-inflammatory compounds, stable up to ~375°F (190°C).

Avocado Oil

Best for: High-heat cooking, grilling, frying. **Why:** Very high smoke point (~520°F / 270°C), rich in vitamin E, neutral taste.

Coconut Oil

Best for: Baking, sautéing, medium-heat cooking. **Why:** Contains medium-chain triglycerides (MCTs), adds mild flavor, higher in saturated fat — use moderately.

Canola Oil (Cold-Pressed or Organic Preferred)

Best for: Frying, baking, general cooking. **Why:** Good omega-3 to omega-6 ratio, neutral flavor, affordable.

Ghee (Clarified Butter)

Best for: High-heat frying, Indian or traditional cooking. **Why:** High smoke point (~485°F / 250°C), rich nutty flavor, contains vitamins A, D, E, K.

Sesame Oil

Best for: Stir-frying, Asian dishes, finishing oil. **Why:** Rich in antioxidants (sesamol, sesamin), nutty flavor — use in small amounts.

Peanut Oil

Best for: Deep frying, stir-frying. **Why:** High smoke point (~450°F / 230°C), good for crisp frying — avoid if allergic.

Sunflower or Safflower Oil (High-Oleic Type)

Best for: Frying, roasting. **Why:** High in monounsaturated fats, high smoke point — avoid regular versions with too much omega-6.