

Edible Oils

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coconut oil

- Coconut oil has antifungal, antiviral and antibacterial properties.
- It can be applied both on the skin and hair as a moisturizer.
- It melts at room temperature of 25 Celsius (77 Fahrenheit).



avocado oil

- This oil is made by pressing the pulp of avocado.
- It is rich in oleic acid, a very healthy fat.
- It reduces cholesterol and improves heart health.



grapeseed oil

- Grapeseed oil is made from grape seeds.
- It contains vitamin E and some fatty acids
- It reduces blood clotting.



flaxseed oil

- Flaxseed oil contains omega-3 fatty acids, it may reduce inflammation
- It may be effective at treating both constipation and diarrhea.
- It can be applied to hair and skin as a moisturizer.



ghee (clarified butter)

- Ghee has a higher smoke point than butter, so it does not burn as quickly.
- It is rich in fat and contains omega-3s.
- It can help reduce cholesterol levels.



olive oil

- Extra virgin olive oil comes from pressed olives.
- Olive trees can last up to 600 years
- The fresher the olive oil the better the taste and nutrients.



hemp seed oil

- Hemp seed oil is highly nutritious and a natural pain relief.
- It can be especially helpful to treat skin irritations and breakouts.
- The fatty acids in hemp seed oil can help with inflammation in the brain.



sesame oil

- Sesame seed oil is high in antioxidants.
- It can support healthy blood sugar levels.
- It can come in a variety of colors, yellow, amber, light brown, and dark brown.



walnut oil

- Walnut oil is also high in selenium, which supports healthy thyroid function.
- It can reduce your risk of cognitive decline.
- It contains melatonin, which helps with sleep.



almond oil

- Almond oil has a mild, nutty flavor.
- It can work wonders for skin health and hair growth.
- It has oleic acid which is good for heart health.

