



FOODWIFERY

FUNDAMENTALS OF FATS

GOOD FATS:

Go for what's available in your geographic location. Seek the best you can source.

Butter

Cream

Lard

Bacon Grease

Beef and Chicken Fat

Olive Oil

Coconut Oil

BAD FATS:

Due to the way these oils are processed, and the health risks associated, the following is a list of fats and oils that we recommend you steer clear of.

Canola Oil

Corn Oil

Soybean Oil

"Vegetable" Oil

Cottonseed Oil

Margarine

Shortening

Imitation Butters