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BY KATJA HEINO — 53 COMMENTS

SAVORY LOTUS MAY RECEIVE COMMISSIONS FROM PURCHASES MADE THROUGH LINKS IN THIS POST.

5 REASONS TO STOP COOKING WITH OLIVE OIL

avocado oil



Do you use olive oil in your cooking? Did you know that heating olive oil destroys many of its heart-healthy properties? Let's take a look at why:

This post is in direct response to a question I asked my readers last week. I asked what their favorite oil to cook with is. And I was surprised at how many folks responded with "olive oil." So I just wanted to share a little of what I have learned along the way about cooking with fats.

I'm not an alarmist. **Nor do I believe that if you cook with olive oil that you are eating tons of free radicals that are going to kill you.** I just think that there are better choices when it comes to



It is my opinion that saturated fats are the best fats to use when cooking. This has to do with the molecular structure of oils. Saturated fats contain no double bonds so are not sensitive to heat, light or oxygen, unlike unsaturated fats. Unsaturated fats (vegetable oils) have double bonds, making them very sensitive to heat, light and oxygen. Heating these types of oils will change their molecular structure, destroying many of the healthy properties.

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For those looking for a plant-based oil for cooking, I also think that avocado oil is also a good choice because of its high smoke point – which is about 520°F. It has a higher smoke point than olive oil and preserves its nutrients at higher temperatures.

5 REASONS TO STOP COOKING WITH OLIVE OIL

1. GOOD QUALITY EXTRA VIRGIN OLIVE OIL IS EXPENSIVE, AND THE DELICATE NUTRIENTS SHOULD BE PROTECTED. THERE ARE SO MANY BETTER OPTIONS FOR COOKING.

Because olive oil is loaded with so many health benefits, I choose to not cook with it. It's not cheap to purchase good quality EVOO, and I don't want to waste any of the magical nutritional benefits. I find that saturated fats like ghee, coconut oil, and tallow (and avocado oil as well) are much better choices for cooking.

2. HEART-HEALTHY POLYPHENOLS IN OLIVE OIL ARE EASILY DAMAGED BY HEAT:

Olive oil has phenolic compounds that are rich in antioxidant properties. These phenols, which work as antioxidants to preserve heart health, begin to degrade at high heats. Recent studies show that phenols and polyphenols in EVOO—for example, hydroxytyrosol or luteolin—are not stable to heat and degrade relatively quickly. For example, when heated in a container over a flame for only 5 minutes at a temperature of 461°F/188°C, one study has shown 50% loss of hydroxytyrosol and 69% loss of luteolin.

3. HEATING OLIVE OIL DESTROYS OMEGA FATTY ACIDS:

are especially rich in the retina, brain, and sperm, in which docosahexaenoic acid (DHA) constitutes 36.4% of total fatty acids*.

These fatty acids are sensitive to heat and are destroyed when olive oil is heated. I have not been able to find the exact temperature at which omega fatty acids are destroyed but find it a good idea to not heat them at all to preserve their nutritional value.

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LOW SMOKE POINT=BREATHING IN TOXIC SMOKE.

When olive oil is heated beyond its smoke point, it gives off toxic smoke. Because olive oil has a low smoke point, cooking with olive oil runs the risk of creating smoke that contains compounds that are harmful to human health. You may not even notice that you are breathing in this toxic smoke.

MANY OLIVE OILS ARE NOT REAL:

Many brands cut their olive oil with cheap oils like soybean oil, canola oil, hazelnut oil and low quality olive oils. A study by UC Davis in 2011 found that 73% of the 5 best selling imported brands of olive oil did not meet the international sensory standards for extra virgin olive set by European regulators. This means meaning that they could be adulterated or blended with other vegetable oils such as soy, corn, cottonseed, hazelnut, or canola oil.

So what I am saying is that the olive oil you are using may not be REAL olive oil and may contain heavily processed vegetable oils that contribute to inflammation in the body and are possibly GMO. YUCK!

I have done a ton of research, and the only brand of olive oil that I buy is Kasandrinos. It is a small, family-owned business with high quality olive oil. Never adulterated. Always organic. Be sure to check out Kasandrinos [HERE](#).



SO, WHAT TO DO?

Olive oil is a healthy and delicious oil. Just don't use it for cooking. It is wonderful in salad dressings and dips and can be drizzled over already cooked vegetables. Read my post on Top 5 Healthy Fats in the Kitchen.

Choose saturated fats for cooking, not unsaturated. Fats that I recommend cooking with:

- coconut oil
- ghee
- lard/tallow



Does this list make you nervous? Did you know that saturated fats are actually good for you? Read more here:

- The Truth About Saturated Fats
- The Skinny On Fats
 - Oiling of America
 - Vegetable Oil is Not Healthy
 - Ugly Truth About Vegetable Oils
 - Our Olive Oil Fake?

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FILED UNDER: HEALTHY LIVING
TAGGED WITH: HEALTHY FATS, OLIVE OIL

COMMENTS



Michael Ring says

The professional cooking community has been saving for a decade plus not to use



Reply



Katja says

This may be true. However, I still think saturated fats are a better choice for cooking. 😊

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Reply



kisha says

For those of us concerned about health, i think this is bad advice. I notice that there is no real detail concerning toxic smoke. This sounds like a typical ploy to steer the gullable back to unhealthy cooking since some of these companies have seen profit loss.

Reply



Katja says

Hi, there! I am going to have to kindly disagree with yo here. It is a myth that saturated fats cause heart disease. You can read more here—> <http://chriskresser.com/new-study-puts-final-nail-in-the-saturated-fat-causes-heart-disease-coffin>

I love olive oil but prefer it cold and uncooked. I use these instead—> <https://www.savorylotus.com/top-5-healthy-fats/>

And other processed vegetable oils are not an option as they are unhealthy and inflammatory. You can read more about that here—> <http://www.thankyourbody.com/vegetable-oils/>

Thanks for coming by! 😊

Reply



Dr. Wells says

Hi Katja,

I came across this blog post and I had to leave a reply. I am an internal medicine physician in Houston, Texas, practicing outside of residency for 5 years now. I practice mainly hospital medicine and critical care. I have to tell you, I am deeply saddened at this misinformation. There have been countless studies dating back decades about the effects of saturated fat and atherosclerosis, peripheral arterial disease, cardiac disease, stroke, and cancer



down or correct it, as many readers may actually take your advice as gospel. I see and treat these preventable diseases related to diets high in cholesterol and saturated fat everyday. I'm sure you would cringe if you knew your advice was potentially contributing to these silent killers. Please make sure your sources are reputable and backed by real science in randomized controlled trials in peer-reviewed journals. Thanks.

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Katja Heino says

Hello, Dr Wells. I am going to have to respectfully disagree with your comment here. When you talk about being backed by real science and peer-reviewed journals, I am going to have to ask you to take another look at the research that you base your ideas and beliefs upon. There is much recent evidence to debunk the old and outdated ideas that saturated fat and cholesterol are the big villains that they have been made out to be. Unfortunately, medical schools have not caught up with the current thoughts. I am happy to share some information that you may find interesting on the subject. If you do not know who Chris Kresser is, he is a very respected and thorough researcher and practitioner that has been for years peeling back the truth on the subject.

<https://chriskresser.com/the-diet-heart-myth-cholesterol-and-saturated-fat-are-not-the-enemy/>

<https://chriskresser.com/healthy-fats-what-you-need-to-know/>

You may also find this book interesting and eye opening—->

<https://amzn.to/2tVnMCT>

While I respect your desire to help your patients, I have to also use my common sense. People are sicker now than they have every been. As we have moved away from traditional diets (many high in saturated fats), people have become even more unhealthy. There are numerous studies that suggest that low carb diets (which tend to be high in saturated fats) not only don't raise blood cholesterol, they have several beneficial impacts on cardiovascular disease risk markers. People in our culture eat a lot of carbs and this has had a very negative effect on health. Nutritional deficiencies, inflammation, disrupted gut flora, and high blood sugar levels are a much bigger problem than eating some eggs and butter.

I think there is much more to this conversation. And we are all unique individuals. We all respond differently to different diets. And blaming saturated fats and cholesterol on the cardiovascular crisis we are



a lot and have seen many many many people in my own life benefit from transitioning to a real food, whole food, traditional diet that does include saturated fats and other healthy fats like coconut, olive, avocado, etc. If you take a look around, people are not well. And it is NOT because they are eating saturated fats. It's living a sedentary life, eating too many processed carbs and sugar, and being exposed to endocrine disruptors every day all day. I get that changing gears is hard. But at some point, physicians will have to get on board and admit that eggs and butter and beef are not the issue. Those are real foods. The UNREAL foods void of nutrition that people consume daily are the problem.

Want to know more? This article has some good references at the bottom. <https://blog.bulletedproof.com/is-saturated-fat-bad/>

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john says

Extra virgin olive oil is like REVENGE: a dish best served COLD



DAVE Hat says

YEAH I WILL IGNORE THE ADVICE OF A MEDICAL DOCTOR and medical researchers, and listen to some random woman or blog on the internet (NOT). That would be as crazy as listening to nuts who say do not vaccinate. Fortunately I am not nuts. I will avoid saturated fats that turn solid at room temperature & block arteries

Reply



Katja Heino says

Hi, Dave-

We are all free to have our own opinions. I LOVE olive oil but prefer to eat mine cold and unheated for best health benefits. And the truth about saturated fats is not just my opinion and has been proven over and over again by science, researchers, and doctors. There is so much varying advice out there, I know. We just have to decide for ourselves what works for us. I've done a lot of testing on myself and have found that my



more plant-based and didn't eat much red meat or ghee. We are all unique and what works for me may not work for you. I think saturated fat has been demonized and I get that people are afraid of it. It works for me and many other people that I see and work with. 😊

Reply

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Annabelle says

I guess I had to hear it one more time, or maybe it was the way you said it.

... information that we've all known for a long time but I would cheat here and there and use it for cooking. Thanks for the refresher, and the detailed information about saturated fats. And I do love the softly sweet smell of cooking with coconut oil.

Reply



Katja says

I love coconut oil too. Save the olive oil for salad dressing. Thanks for reading! 😊

Reply



Dave Hat says

Smoke point of olive oil is 450 degrees (or higher). There's no reason to avoid using it, since virtually all recipes are only half as hot. Gordon Ramsay, Joel Robuchon, etc all use olive oil in their cooking. Clearly they think it's good

Reply



Katja Heino says

This is what I have found for olive oil smoke points: Olive Oil:
Unrefined 320 F



Olive Oil* 438 F
Pomace Oil** 460 F
Extra Light* 468 F

Reply

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iro says

I'm Greek and here olive oil has been used in cooking since like forever... We in my family cook always with olive oil because flavour is an important factor. There is no mediterranean cuisine without olive oil. Lentils, beans, stews, pitas, casseroles if cooked without olive oil are just not the same, not my granma's recipe. BUT we never use vegetable oil when frying, it's considered too heavy, the taste and the smell are overwhelming when olive oil is heated that much. Plus here we have decent olive oil, the price range on the shelf corresponds to the quality. There are studies from european institutions that rate the three top olive oil producing countries with flavour and quality being the point of reference. Greece comes first, followed by Italy and Spain. Sorry for such a long reply but I know people cooking with olive oil since forever who are now more than 100 years old. Just wanted to share my thoughts!

Reply



Katja says

I appreciate your reply. I know that olive oil has been used for a long time. I bet you guys have really great quality over there. I wish we could know for sure what was in the olive oil that we can buy here in the States. I just prefer to use saturated fats for my cooking. My olive oil stays cold. Thanks so much for stopping by:)

Reply



Christie says

How do we know which olive oils are REAL?

Reply



who has let me visit their farm. There are some online articles that claim you can tell by putting it in the fridge and if it totally solidifies, it's real. Not totally certain this is accurate. That's why I stick with my ghee and coconut oil.

Reply

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TheOlive says

I own an olive oil specialty store and we have certifications on all our olive oils and that's how you can tell they are real. The certifications show the chemical content of the oils and when the olives were crushed. I wouldn't trust what is in the grocery store but trust the specialty oil stores. They can prove it!

As for cooking with olive oil, I disagree with you. As long as you do not cook over medium high heat, you start the food at the shimmer stage of the oil heating, and you do not overcook your food, it is perfectly fine. It is only in large commercial kitchens that frying with olive oil has ever created trans fats in olive oils and it is not a concern in the home kitchen. While you do not have the same optimum health benefits of olive oil eaten raw, it is a heck of a lot better than using canola oil, vegetable oil, and other man made oils.

Reply



Katja says

Thanks for your input. I am so glad to hear that there are people who stand behind their product. I wish all olive oil was REAL. 😊

Reply



Jessica says

So I have used butter and olive oil pretty much interchangeably, oops. That will probably change now. But what about using grape seed oil for cooking? Where does that fit and is it pretty much the same thing as olive oil?

Reply



Katia says



ALL. It is VERY low in nutrients and high in omega 6 oil, which can lead to more inflammation as it throws off our Omega3:Omega6 ratio. My suggestion would be to stick with healthy, natural fats like ghee and coconut oil. Read more here-->
<http://authoritynutrition.com/grape-seed-oil/>
Thanks for stopping by!

Reply

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John Carraway says

The best oil for cooking is palm oil. Tropical traditions offers a good palm oil, as well as coconut oil. If you use olive oil, don't use virgin for cooking. Use plain ve oil that has a much lower polyphenol content. Personally, I like bacon fat the best.

Reply



Fruz says

Isn't palm oil horrifying for orangutans?

Reply



Jennifer says

What about macadamia nut oil? I have read it has great health benefits. I put it in smoothies, but have never cooked with it. Do you know if the nutrients are destroyed with heat like olive oil?

Reply



Katja says

Jennifer~

I haven't used it myself, but according to this it seems to be a good choice
--> <http://www.marksdailyapple.com/macadamia-oil/#axzz322EmS700>
I may have to give it a try!

Reply





Lucy April says

Hmm, that was an interesting read, really made me think about using some other kind of oil. In your opinion, is coconut oil a good replacement? I wanted to try it out for a long time, maybe it's the perfect time to change.

110 Reply



Katja says

I love coconut oil! It works great for cooking. But sometimes the flavor does not go with what I am cooking so I use other fats like ghee, tallow, or bacon fat. Here are my favorite fats to use—> <https://www.savorylotus.com/top-5-healthy-fats/>

Reply



Karen says

I have never read even once by a Doctor that Olive oil can be BAD for you. I agree it should not be heated to a hot temperature but to go so far to encourage people to use lard butter and other high saturated fats is harmful to the general public. Are you a Doctor? My parents used bacon fat and lard for all there cooking and both died of heart problems. I use olive oil and canola oil only for all my baking and frying. I am 77 years old with low blood pressure good cholesterol readings low weight and extremely active. I will keep my present life style

Reply



Katja Heino says

HI, Karen! We can agree to disagree. There is more and more evidence that traditional fats are much better for us than processed vegetable oils. I do not think olive oil is bad for you at all. I just don't cook with it. I prefer to save the good qualities by keeping it cold. 😊

Reply



Nikki says



after they are cooked but it should not be heated to high temps! Want a doctor that agrees? Look up Gundry.

Reply

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Ol' Will says

Yours is an interesting list of effects of heating olive oil. But I think everyone is missing the real point your list makes:

less you heat it beyond the smoke point, heating olive oil makes it a little "less good"; it doesn't make it dangerous.

Consider that you have five things that happen when olive oil is heated but none of them is a reason to stop cooking with it. I also use it in my home-made salad dressing.

Reply



Tessa Simpson says

I'm linking to your article when encouraging people to use high heat oils for cooking! Thanks Katja!

Reply



Katja Heino says

Thanks, Tessa! 😊

Reply



Susie says

So many nay sayers here trying to discredit the article... so sad. An Italian once laughed at me and said Americans are crazy for cooking with olive oil when I told her I did. This article is correct and the olive oil industry was caught in a scam of selling gmo canola, soy and other unhealthy oils as cold pressed olive oil. And cooking with it destroys its healthy benefits. So why do you insist on wasting your money when there are healthy choices to cook with?





Susie says

excellent article. the naysayers are just arguing to their own detriment. If they would research it they would know you are right.

Reply

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Vanessa says

I was trying to find your sources of information and both links provided the page is not found so before I believe anything so that I can truly argue it and maybe read good information, I would like to see where I can get real information about this. I don't want to hear it from another blog I want to hear about this from science from research from actual experiments. I'm tired of believing things at face value. Journalism on the internet can be done by anybody it is basically all fiction until it can be backed up by proof. Just looking for the truth here guys

Reply



Katja Heino says

Hi, Vanessa! I will check out broken links as soon as I have time. What exactly would you like the source of information on. I am happy to share any sources that I have.

Reply



James Brown says

I completely agree with Vanessa and also with Dr Wells previously. I don't believe in taking blogs at face value. Anyone can write a blog, and provide links to other blogs. Please provide links to reputable sources, that are peer reviewed, published by a reliable organisation, etc. Trusting an article on somerandomfoodblog.com doesn't fly with me, sorry. I will start to trust that "saturated fats really are good for you" once I have read that this conclusion has been drawn from trustworthy professionals following a large, well-controlled trial from reputable sources.

Reply



Katja Heino says

You are totally allowed your opinion. There is actually a lot of



fat-are-not-the-enemy/

Have a good day. 😊

Reply

110



Lea terra says

Good morning everyone,

I will invite both of you to read about this article. It is from a website recommended by Katja "chirskresser.com"

<https://chirskresser.com/is-it-safe-to-cook-with-olive-oil/>

Katja after reading it, please make the respective corrections about how valuable and safe is to cook with olive oil. This is a debate and my post is not based on opinion. The article you saw includes scientific facts, please understand this is a post where people can educate themselves about important topics like the olive oil in the kitchen. If you disagree, please do it using the facts of the article, not just your opinions.

So, because the olive oil is safe and a great oil for cooking, please, make the respective corrections in this post. Many people are reading it and they have to read the right information about how valuable is to cook with olive oil.

Thank you.

Cheers!!!



Katja Heino says

Hi, Lea! I have seen that article. And I still stand by what I write. You can read my reasons why in the article. It is my opinion that olive oil is best suited for cold applications in order to preserve the amazing qualities of the oil. You have the total right to disagree. You do you. I keep my olive oil cold. And we consume a lot of it around here. There are far better fats to cook with.



cooking#fat-content

and maybe this link as well:

<https://www.healthline.com/nutrition/11-proven-benefits-of-olive-oil#section1>

This information was taken from experiments, so you might find this a little helpful.

I feel that you are misguiding a lot of people. My family lives on farm, so we do use a lot of bacon grease. However, I would not consider very healthy for you. I use more olive oil than anything, and you never mentioned facts. The only thing you said over and over in this post was your opinion, or what you thought. I need more facts than your opinion to believe this.

Reply



Katja Heino says

Rebecca- There certainly is a lot of varying opinions on this topic. If this does not resonate with you, then it doesn't. I share what I have learned and what works for me. I am not afraid of saturated fats AND I LOVE olive oil. I just prefer not to cook with it. And that is what this article is about. 😊

Reply



Mohamed says

I disagree with some of information here. You choose some research and not many others that shows that it is safe for cooking and that minor degree of degradation of antioxidants occurs.

Reply



Katja Heino says

You are totally allowed to have your opinion. This is my blog and these are my opinions. Feel free to disagree. 😊

Reply



Sandy says



respond with accurate information. The fact that you are able to post inaccurate information (which could be harmful to people who are willing to listen to you) is just plain scary. It also raises doubts about anything else you choose to write about as you appear to be an unreliable source of information.

Reply

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Katja Heino says

Hi, Sandy. Again, you are allowed to have whatever opinion of me that you like. This is my platform, and I get to share what I want here. I'm curious to know what exactly what inaccurate information that I am sharing that could be harmful to people. I am here just to share what I know and have learned along the way. I can't imagine anything about what I think about olive oil would hurt anyone. And I would never want to harm anyone in any way. I'd love to know what you mean. 😊

Reply



Terri Maddin says

Hello Katja! Thank you for your insightful information and the two replies from the Mediterranean area. I've been getting on my daughter for frying everything at a high heat in olive oil. The smoke fills the house. As I already have many health issues, I don't need to be exposed to other toxins. She always says "well Gordan Ramsey" does this or that. Well he is a chief like my brother and they do not study the chemical reactions to foods and toxin exposure. The really appreciate your insightful "fake" over the counter olive oils. Sounds similar to the honey industry. 😊

Reply



Katja Heino says

There is so much info to wade through. And we just have to make the best decisions for ourselves. I just do what feels best for me. 😊

Reply



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Comment

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Hi I'm Katja!

And this is how we do healthy in our family. Just REAL food. Simple. Easy. Gluten free. More about Savory Lotus





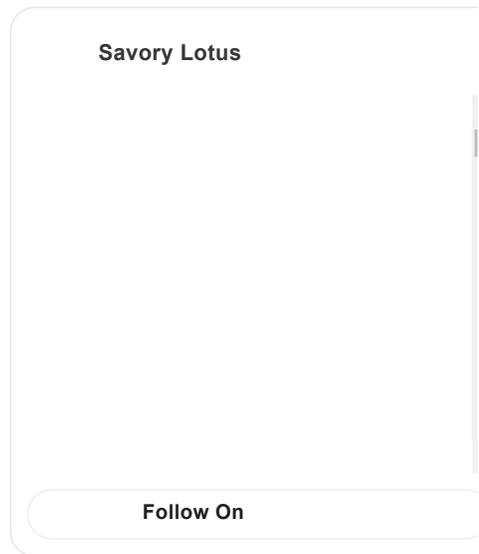
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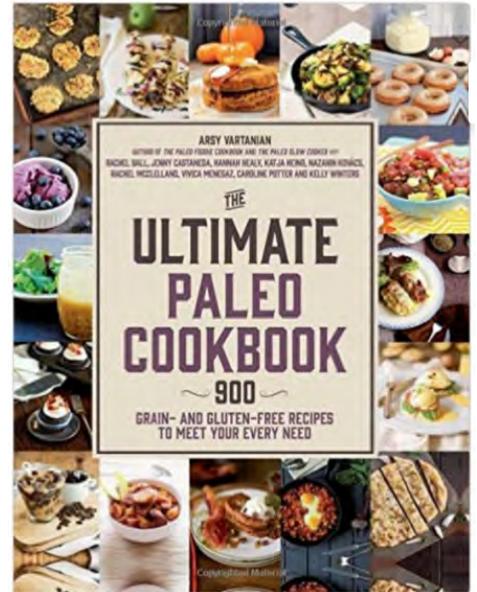
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