



Point1 recommends eating a whole-foods diet, for optimal health and nutrition. Be very aware of seed oils, which can be very detrimental to our health.

COOKING OILS

It is best for health and longevity to minimize our daily Linoleic Acid (LA) consumption, which is found in seed oils. Always select, cook with, and consume oils with the lowest percent (%) linoleic acid content. Please refer to the chart below for guidance. Linoleic Acid is an Omega-6 fatty acid (PUFA). Current research shows our ideal Omega-6 consumption should be as close as one-to-one, or two-to-one, (1:1 or 2:1) as that of our Omega-3 fatty acid consumption. Most restaurant, and prepared/packaged, foods are filled with these unhealthy (high LA) seed oils.

Linoleic Acid, which is an Omega-6 Fatty Acid, IS NOT YOUR FRIEND!

Cooking Oils	% Linoleic Acid* (LA) average value range in parentheses
Vegetable Oil	(25% - 71%)
Safflower Oil	71%
Grapeseed Oil	71%
Sunflower Oil	65%
Corn Oil	60%
Soybean Oil	55%
Cottonseed Oil	53%
Sesame Oil	45% (40% - 50%)
Rice Bran Oil	33%
Peanut Oil	32%
Canola Oil (Rapeseed)	25%
Olive Oil (EVOO best)	10% (3.5% - 21%)
Avocado Oil	10%
Lard	10%
Palm Oil	10%
Tallow (CAFO)	3%
Butter (CAFO)	2%
Coconut Oil	2%
Tallow (Grass-Fed)	1%
Butter (Grass-Fed)	1%
* Industry Estimates provided by	

SEED OILS TO AVOID OR LIMIT

Soybean Oil
Canola Oil (aka Rapeseed)
Vegetable Oil
Corn Oil

Peanut Oil
Sunflower Oil
Safflower Oil
Cottonseed Oil

Sesame Oil
Rice Bran Oil
Grapeseed Oil

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