

# How can a simple cooktop change the nutritional content of food so much?

Much like how the boiling point is the temperature water turns into steam, the smoke point is where liquid oil turns into gas. When this happens, the fat in the oil begins to break down and turn into a vapor. Unfortunately, the so-called “good” fats such as monounsaturated and polyunsaturated fat don’t stand up to heat as well as “bad” fats such as saturated and trans-fats. So those good fats break down first, leaving the bad fats in your food.

	TYPE	SMOKE POINT (IN DEGREES FAHRENHEIT)
	Butter	350
	Extra-light olive oil	468
	Pomace olive oil	460
	Virgin olive oil	420
	Low acidity extra-virgin olive oil	405
	Extra-virgin olive oil	375
	Canola oil(refined retail variety)	470
	Canola oil(expeller pressed)	464
	Coconut oil(refined retail variety)	450
	Coconut oil(unrefined)	350
	Palm oil	455
	Corn oil(refined retail variety)	450
	Peanut oil(refined retail variety)	450
	Safflower oil(refined retail variety)	450
	Soybean oil(refined retail variety)	450
	Sunflower oil(refined retail variety)	450
	Hazelnut oil	430
	Walnut oil(refined retail variety)	400
	Walnut oil(unrefined)	320
	Hemp oil	330
	Peanut oil(unrefined)	320
	Flaxseed oil	225
	Safflower oil(unrefined)	225
	Sunflower oil(unrefined)	225