

CLEAN INGREDIENTS: OIL ALTERNATIVES

Be cautious of the following label claims: Nutrient Content, Health, and Structure/Function

Three ingredients, oil utilized is Organic Extra Virgin Coconut Oil



Five ingredients, oil utilized is Avocado Oil



Contains dry roasted nuts and seeds

CHOOSE THIS



NOT THAT



Limited consumption of the utilized oil is recommended (Palm)



Limited consumption of the utilized oils is recommended (Vegetable Oils (Canola, Sunflower And/Or Safflower))



Limited consumption of the utilized oils is recommended (Sunflower and Palm)



One ingredient



Limited consumption of the utilized oils is recommended (Soybean and Palm)

Sources <https://www.inonaround.org/cooking-oil/>, <https://www.walmart.com>

For More Information www.mededmaterials.org

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