



Healthy Options WA

MAKING HEALTHY CHOICES EASIER

Oils and spreads

Handy hint

Use a polyunsaturated or monounsaturated oil spray to reduce the amount of oil added during cooking.

Oils and spreads contain different types of fats, some are healthier than others.

Classification of oils and spreads

When preparing meals, try to use polyunsaturated and monounsaturated oils and spreads (see examples below) instead of saturated fats.

Green

There are no oils or spreads that are classified as Green. However, if Amber or Red oils and spreads have an allocated allowance (see overleaf), they may be used, and the meal may still be classified as Green.

Amber

Polyunsaturated

- Flaxseed
- Grapeseed
- Safflower
- Sesame
- Sunflower

Monounsaturated

- Olive
- Avocado
- Peanut/Almond
- Rice bran
- Canola

Red

Saturated fats

- Coconut
- Hydrogenated vegetable oil
- Palm oil
- Solid fats (cocoa, butter, lard, ghee, duck fat, tallow)
- Dairy blend margarine
- Coconut butter

Which oils and spreads have an allowance?

Allowances are detailed in section 1 of the Healthy Options WA: Making Healthy Choices Easier: How to Classify Food and Drinks Guide. If used within an allocated allowance, some oils and spreads may be added to a Green meal without changing its classification.

All Amber unsaturated fat oils and spreads (see examples on previous page) have an allocated allowance. They may be used in small amounts for meal preparation and cooking. Oils should be used in an amount that lightly coats food without having excess oil in the bottom of the cooking pan/tray or dish (including salad dressing).

Butter is the only saturated fat spread that has an allocated allowance. Butter should not be used for cooking; however, it can be used as a thin spread on a sandwich or served in a 10g portion pack to accompany a meal.

What are the best oils to use when cooking?

High temperature cooking methods can cause oils to break down and become less healthy.

| Cooking method | Oils to use |
|-----------------------|-------------|
| Stir-fry (or pan-fry) | Olive |
| Barbecue | Rice bran |
| Shallow-fry | Canola |
| Salad dressing | Olive |
| Mix through hot pasta | Sesame |
| Sauces | Avocado |
| | Flaxseed |