

# Which Oil is Good for Cooking?

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**MUSTARD OIL**  
250 °C  
Indian cooking

**SMOKE POINT**  
Anti-inflammatory  
Best uses



**GROUNDNUT OIL**  
227 °C  
Frying

**HEALTH BENEFITS**  
Heart-healthy  
Frying



**SUNFLOWER OIL**  
232 °C  
General cooking

**BEST USES**  
Rich in vitamin E  
Sautéing, salads



**OLIVE OIL**  
190 °C  
Sautéing, salads

**BEST USES**  
Boosts energy  
Low-heat cooking



**COCONUT OIL**  
177 °C  
Low-heat cooking

**BEST USES**  
Cholesterol-lowering  
Deep frying

# Good Cooking For Two

**DJ Losen**



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