

Mayo Clinic Minute

5 tips for cooking with healthier oils

VIDEO	AUDIO
Angie Murad	“So both canola and olive oil are very versatile.”
Title: Angie Murad Dietitian Mayo Clinic Healthy Living Program	“They are great to use in many different recipes – even in baking.”
Graphic: Reduce risk Type 2 diabetes Cardiovascular disease	Dietitian Angie Murad says using these unsaturated oils in place of saturated fats can help reduce the incidence of chronic conditions such as Type 2 diabetes and cardiovascular disease.
Angie Murad Graphic: (Up arrow) Good/HDL (Down arrow) Bad/LDL	“Plant and seed oils have mono and polyunsaturated fats which can help increase the good cholesterol – or the HDL cholesterol – and help lower the bad cholesterol – or the LDL cholesterol.”
Graphic: Flavorful: Peanut, sesame Marinades Stir-fries Walnut Dressings	Murad says seed oils like peanut and sesame have stronger flavor and higher smoke points, so they’re great in marinades and stir-fries. Walnut oil’s lower smoke point makes it better for dressings.
Graphic: All oils are high in calories	Just remember: All oils are high in calories.
Angie Murad	“So you just want to use them in moderation.”
	Murad says stocking your kitchen with nonstick cookware and an oil sprayer like this one ...
Angie Murad	“... and just spray it in the pan.”
	... can reduce the amount of oil you’ll need to use in each dish.
	For the Mayo Clinic News Network, I’m Jeff Olsen.