

Mayo Clinic Minute: Tips to pick healthier oils

Video	Audio	
<p>Angie Murad Dietitian Mayo Clinic</p>	<p>“So both canola and olive oil are very versatile.”</p>	
	<p>“They are great to use in many different recipes – even in baking.” Graphic: Reduce risk Type 2 diabetes Cardiovascular disease Dietitian Angie Murad</p>	
	<p>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.</p>	
	<p>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.”</p>	
	<p>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.</p>	
	<p>Just remember: All oils are high in calories.</p>	
	<p>So you just want to use them in moderation.”</p>	
	<p>Murad says stocking your kitchen with nonstick cookware and an oil sprayer like this one ...</p>	
	<p>“... and just spray it in the pan.”</p>	
	<p>... can reduce the amount of oil you’ll need to use in each dish.</p>	
	<p>For the Mayo Clinic News Network, I’m Joel Streed.</p>	