



Bighorn Peak Nutrition & Strength

Quick Oil Guide:

Oils:

CHOOSE:

Cold-pressed oils = no heat, no chemicals, cleaner option (like extra-virgin). Pick oils from *one* origin.

Expeller-pressed oils = no chemicals but heated from friction. Decent backup for high-heat frying (canola, safflower, sunflower).

1. Avocado oil – neutral, high-heat safe, heart-healthy.
2. Virgin coconut oil – cold-pressed, solid at room temp, healthy saturated fat, high smoke point.
3. Extra-virgin olive oil – one origin, rich in polyphenols, best for low heat or raw.
4. Grass-fed ghee – clean saturated fat, high heat safe, great for cooking/baking.
5. Animal fats – tallow, lard, duck/chicken fat; great cooking fats.
6. Olive oil vs EVOO – EVOO is cold-pressed and unheated. Olive oil handles high heat well.
7. Smoke point – the “breakdown” temp; olive + EVOO usually land around 350–405°F.

AVOID:

Bad oils = cheap, blasted with chemicals, super processed, often GMO, and flat-out inflammatory. Hexane + heat turns them into trans-fat bombs. If you *must* buy them, only grab expeller pressed.

Skip these:

1. Mazola (corn oil) – GMO, inflammatory, marketed like it’s “healthy.” Nope.
2. Wesson – straight-up toxic.
3. Canola – contains trans fats.
4. Soybean oil – linked to gut issues, disease risk, mood problems.
5. Corn oil – high omega-6 = inflammation.
6. Flaxseed oil – burns at super low heat; only use cold.
7. Shortening/Crisco – loaded with trans-fat.
8. Coconut oil – skip if your cholesterol is high.
9. Grapeseed oil – inflammatory, can raise cholesterol.
10. Vegetable oil – mystery blend of cheap, refined oils.
11. Cottonseed oil – high omega-6, inflammatory.

12. Sunflower oil – creates toxic aldehydes when heated.
13. Hydrogenated oils – man-made trans fats; hard no.
14. Safflower oil – high omega-6, inflammatory for the brain.

Cooking Sprays:

CHOOSE:

Check the label and make sure the spray is just pure oil with a safe, CFC-free propellant. No chemicals, no flavors, no weird foaming agents. One ingredient. That's it.

Good options:

- Avocado oil spray
- Chosen Foods Avocado Oil Spray
- Primal Kitchen
- Bertolli Organic EVOO Spray
- La Tourangelle Avocado Oil Spray
- California Olive Ranch EVOO Spray
- 365 Organic EVOO Spray

AVOID:

Skip sprays with sketchy propellants like CFCs, butane, propane, or isobutane. These chemicals push the oil out of the can—and straight onto your food.

- PAM = canola oil + chemical propellants + dimethyl silicone (foaming agent). Hard pass.
- Propellants can leave residue (aka butane, isobutane, & propane) on food.
- Additives like dimethyl silicone and soy lecithin show up in many sprays.
- Many use GMO oils.

Older sprays used CFCs (chlorofluorocarbons); newer ones use HFCs (hydrofluorocarbons) - still not great for the environment.

Stick with clean sprays that are just pure oil.