

Unhealthy Cooking Oils Never to Eat



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Most home and restaurant kitchens are never without cooking oils. After all, so many delectable dishes such as sautéed and fried ones require their use.

In the interests of having a healthier diet, many people choose to use vegetable oils in their cooking. Because these products are derived from vegetables or plant sources, they believe that these oils won't harm their health.

But here's a reality check: recent scientific investigations reveal that many of these oils, which are touted to be healthy, actually wreak havoc on your health.

You may find it surprising that a growing number of nutritionists, medical doctors, and other professionals involved with health care are strongly advising everyone against the use of canola oil, corn oil, soybean oil, cottonseed oil, sunflower oil, safflower oil, flaxseed oil, and other unsaturated vegetable oils.



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Positive Impressions on These Oils Turned Rancid

Vegetable oils consist mostly of unsaturated fats. When you hear the term "unsaturated fats", you think of food items that do not have a negative impact on the body, or are considered to be healthy choices for the body, in particular, the heart.

Unsaturated fats are usually found in plant sources, in stark contrast with saturated fats, which are found mainly in animals. Saturated fats are definitely associated with heart disease, and there's no doubt about that.

In contrast, unsaturated fats are undeniably good for the body. However, this is only true if they come from whole foods. When processing is done to extract unsaturated fats from their source, the quality is affected, which in turn, affects human health. For example, using corn oil to cook with has nowhere near the same healthful benefits as eating corn on the cob.

Even though these now-deemed-unhealthy oils still contain mostly unsaturated fats, they're not as health-friendly as they appear naturally. The reason for this is that to get these oils from their natural sources and into containers you see at the grocery store, they need to undergo a certain level of processing. This is what changes everything we thought about these oils.

Unsaturated Fats



Saturated Fats



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It All Boils Down to Free Radical Formation

When some incontestably healthy whole foods undergo the processing necessary to be converted into vegetable oils, it creates a high level of instability in the previously beneficial fatty acids.

These molecules become extremely fragile, causing some of these vegetable oils to go rancid very easily, especially when exposed to heat. And it's not just when used for cooking that they are exposed to heat. When consumed, high temperatures inside the body are enough to cause fatty acids to oxidize, producing free radicals.

Free radicals are the root cause of the dangerous effects of some vegetable oils to one's health. These are unstable molecules resulting from oxidation, or any chemical process within the body that involves the use of oxygen.

Free radicals adhere to cells and steal electrons from them in order to become stable, interfering with that cell's ability to do its natural job. Many health nightmares are linked to excess free radicals.

An Alarming List of Health Problems

Many weight-conscious individuals reach for vegetable oils in order to stay healthy and slim. However, due to the molecular fragility and ultimate free radical formation, the consumption of these oils can actually trigger obesity.

The **endocrine system** is negatively affected, in particular the thyroid. It becomes sluggish, causing the metabolism to slow down and making the individual to feel listless. With this decrease in activity and effective body functioning, weight gain is much more likely to occur.

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Inflammation within the body may be triggered by free radical formation. When this happens, certain degenerative diseases, such as arthritis, may occur.

The immune system is also weakened, making the person more susceptible to having allergies, certain illnesses, and many other immunological disorders. Premature aging, diabetes, and development of certain cancers are also oftentimes blamed on free radicals and the damage they do to the healthy cells of your body.



Just when you thought unsaturated fats were good for the heart, these unhealthy vegetable oils prove that theory wrong. The liver is stimulated to produce more cholesterol than the body needs, and this can clog up the arteries and cause atherosclerosis, leading to health issues such as high blood pressure, coronary heart disease, heart attack, and stroke.

Peeking at GMO and Hydrogenated Oils

Many of these vegetable oils are also genetically modified. Based on the name alone, you can tell they're not good for you. In the U.S., manufacturers of genetically modified food - also known as genetically modified organism (GMO) - do not necessarily label their products as such.

Because of this, it's hard to tell whether what you buy at the grocery store is genetically modified or not. In terms of GMO, the top genetically modified vegetable oils in the U.S. are: **corn oil, soybean oil, canola oil and cottonseed oil.**

Hydrogenated vegetable oils should also be avoided as much as possible. Generally speaking, vegetable oils stay in liquid form at room temperature. When they are hydrogenated, they are solidified and filled with trans fatty acids, more commonly known by many as trans fats.

What's so bad about trans fats? Not only do they increase LDL cholesterol (the bad type) levels in the body, but they also reduce HDL cholesterol (the good type) levels!

Hydrogenated oils are usually found in processed foods and in any random menu item commonly served at your neighborhood fast food joint.



Choosing the Right Oils for Cooking

Not all vegetable oils are created equally. While there are some bad ones, as we have just shown, there are also those that remain true to what they were originally considered to be. The key is to go for those that have high "smoke points" - oils that tolerate high heat well, so they're less susceptible to the chemical alteration that causes formation of free radicals.



The best ones to use, especially for **frying**, are tropical oils like coconut oil and palm oil. They may have had a bad reputation before, but these two mostly contain natural saturated fats and have high smoke points.

Other oils recommended for frying are **avocado oil, almond oil, and hazelnut oil**. Perhaps the health-friendliest of all types of vegetable oils is **olive oil**. However, exposure to heat invalidates its health benefits, so limit the use of olive oil to whipping up your favorite salad dressing or dip.

Vegetable oils with **low to moderate smoking points** include: **flaxseed oil, sesame oil, walnut oil, soybean oil, corn oil, safflower oil, sunflower oil, cottonseed oil, and canola oil.** Proper storage may prolong their shelf life, but it's best to avoid using them for frying, baking, and sautéing.

Some experts say that saturated oils, or those derived mostly from animals, are better for cooking than some of those bad types of vegetable oils. That's because they have the highest smoke points of all.

They remain stable even when exposed to high temperature, so many of the health threats brought about by oxidation and free radicals may be dodged. But do remember that they are loaded with saturated fats that have a negative impact on the cardiovascular system.



Can't Wait To Give Alkaline Diet a Go?

“Healthy cooking oils should be combined with nutritious foods to give you the perfect alkaline balance. In the Acid Alkaline Balance Diet, I'll be sharing with you delicious alkalizing recipes to stay healthy and achieve a slim, beautiful body!

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Warmest Regards,

Emma Deangela

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