



**ACTIVATING
WELLNESS**

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Smoke Point of Fats

Fat	Smoke point °C	Smoke point °F
Ghee	251	485
Olive oil (extra light)	242	468
Palm oil	235	455
Coconut oil (expeller pressed)	232	450
Macadamia oil	212	414
Beef tallow	204	400
Duck fat	190	375
Lard	187	370
Coconut oil (extra virgin)	176	350
Olive oil (extra virgin)	160	320
Butter	121-148	250-300

Source:

Kresser, Chris (2014) *The Paleo Cure*, Little, Brown and Company, USA.