

FAT FACTS



Grapeseed Oil

Grapeseed oil is extracted from grape seeds, which are a byproduct of wine-making. Grapeseed oil has lots of Poly Unsaturated Fatty Acids (PUFAs), which have been shown to lower total cholesterol and bad cholesterol.

How should you use it?

Grapeseed oil has a moderately high smoke point, which makes it great for sautés and frying. It can also be used in dressings and dips for vegetables.

Let It Marinate

Another option is to marinate meats before cooking. Marinating has other great benefits too: "Marinades add flavor to the foods you are going to grill," Beauvais says. "And also keep it from drying out."

The basic building blocks of a marinade include herbs, spices and acid; and many also include oils like grapeseed, virgin olive or sunflower that can be heated to a high temperature without smoking. Some marinades add sweet ingredients to promote caramelization. When creating a marinade consider using herbs such as turmeric and rosemary, which have been shown to reduce the formation of HCAs.

High-heat grilling of meat may create two potentially carcinogenic (cancer causing) compounds called PAHs (polycyclic aromatic hydrocarbons) and HCAs (heterocyclic amines). PAHs come from the smoke, while HCAs are from blackened bits of charred meat.