

## How does Olive Oil Compare with Other Cooking Oils?

The table below shows the smoke point of a few other cooking oils. Keep in mind that the smoke point for a vegetable oil will vary according to the variety and growing conditions, and how the oil was produced. Various manufacturers and sources cite different numbers.

Type of Oil	Smoke Point Temperature
Grape Seed	485°F or 252°C
Avocado	480°F or 249°C
Sesame	410°F or 210°C
Canola	400°F or 204°C
Macademia	385°F or 196°C
Olive Oil	between 400 and 365°F (204 and 185°C) depending on its free fatty acid content

Reference website: <http://www.oliveoilsource.com/page/heating-olive-oil>