Healthy oils/fats include those rich in monounsaturated and polyunsaturated fatty acids (MUFA and PUFA). Bad fats include industrial-made trans-fat and saturated fats. A variety of foods are rich in PUFA and MUFA, but we need to limit our intake of dietary fat to avoid excessive calorie intake.

### Why Are Healthy Oils/Fats A Superfood?
- Fat in our diets is a major source of energy (calories)
- It helps absorb some vitamins and minerals
- Fat is needed to build cell membranes and nerve tissue
- It is essential for blood clotting, muscle movement, and to lower inflammation
- Healthy oils/fats may help lower the odds of heart disease and atherosclerosis by lowering LDL cholesterol

### Healthy Oils/Fats and Kidney Disease
Healthy oils and fats are good for heart health and are a great choice for a kidney friendly diet. They are safe to eat for all the following kidney conditions and treatments:
- Chronic Kidney Disease (CKD)/Transplant
- Hemodialysis (3 times/week)
- Daily Home and Nocturnal Hemodialysis/Peritoneal Dialysis
- Kidney Stones

<table>
<thead>
<tr>
<th>HEALTHY FAT/OIL</th>
<th>FAT DESCRIPTION</th>
<th>SMOKE POINT*</th>
<th>USES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado Oil</td>
<td>MUFA, High in oleic acid, lutein, carotenoids, and antioxidants</td>
<td>Very High</td>
<td>Good for roasting and frying. The neutral flavor makes it a good option for baking.</td>
</tr>
<tr>
<td>Canola Oil</td>
<td>MUFA and PUFA</td>
<td>High</td>
<td>Good for roasting and frying. Neutral flavor.</td>
</tr>
<tr>
<td>Flaxseed Oil</td>
<td>PUFA, High in omega-3 fatty acids</td>
<td>Very Low</td>
<td>Do not heat this oil. Use in cold dishes such as</td>
</tr>
<tr>
<td>Grapeseed Oil</td>
<td>PUFA, High in omega-6 fatty acids and antioxidants such as vitamins D, C and E</td>
<td>High</td>
<td>Good for cooking and grilling.</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>MUFA, Extra virgin olive oil is high in antioxidants</td>
<td>Low</td>
<td>Good for sauteed dishes and baked goods.</td>
</tr>
<tr>
<td>Sesame Oil</td>
<td>PUFA, High in antioxidants</td>
<td>High</td>
<td>Good for stir-frying but has a strong flavor.</td>
</tr>
<tr>
<td>Sunflower Oil</td>
<td>Mostly polyunsaturated, High in omega-6 fatty acids and vitamin E</td>
<td>High</td>
<td>Good for deep-frying, pan-frying, sauteing, roasting, grilling, baking, &amp; salad dressings.</td>
</tr>
<tr>
<td>Walnut Oil</td>
<td>Mostly PUFA, High in omega-3 fatty acids</td>
<td>Very Low</td>
<td>Do not use for cooking. Best for salad dressings and as a flavor booster to finish a dish.</td>
</tr>
</tbody>
</table>

*Smoke point = temperature at which the fat or oil begins to smoke*
**RECIPEs For Heart-Healthy Salad Dressings**

**Italian Vinaigrette**  
Makes 7 servings, Serving size: 2 tbs  

**INGREDIENTS**  
½ cup extra virgin olive oil  
2 tablespoon white wine vinegar  
1 clove garlic crushed  
2 teaspoon Italian seasoning  
2 teaspoon fresh lemon juice  
3 tablespoon parmesan cheese  
2 teaspoon honey  
Pinch of salt *

**Honey Mustard Dressing**  
Makes 7 servings, Serving size: 2 tbs  

**INGREDIENTS**  
½ cup extra virgin olive oil  
2 Tbsp. Dijon mustard  
2 Tbsp. white wine or apple cider vinegar  
3 Tbsp. honey  
pinch of salt *

**DIRECTIONS**  
Combine all ingredients with any one of the following: blender, food processor, jar with a lid, or bowl with a whisk (using a whisk will be more challenging since you need to whisk for a few minutes). Use as a salad dressing (2 tablespoons) or marinade.

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**NUTRITION FACTS (PER SERVING)**  

**HONEY MUSTARD DRESSING**  
Calories.............. 166  
Fat.................... 16 g  
Cholesterol......... 0 mg  
Carbohydrate....... 7.5 g  
Sugar................ 7.2 g  
Sodium............... 119 mg  
(*) ½ tsp salt adds 166 mg  
Phosphorus......... 2 mg

**ITALIAN VINAIGRETTE**  
Calories.............. 154  
Fat.................... 16 g  
Cholesterol......... 1.8 mg  
Carbohydrate....... 2.2 g  
Sugar................ 1.7 g  
Sodium............... 40 mg  
(*) ½ tsp salt adds 166 mg  
Phosphorus......... 12.6 mg

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For more information, contact the National Kidney Foundation  

Toll-free help line: **855.NKF.CARES** or email: nkfcares@kidney.org

The National Kidney Foundation wishes to thank its Council on Renal Nutrition (CRN) for the development of this fact sheet.