

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 8 – Cooking Oil

It is day eight. You've made it through a whole week. Congratulations. I'm super excited. You're onto your second week in glow 15, and I thought it would be perfect to talk a little bit about how we activate our youth right in the kitchen.

We spend so much time in our kitchen. We spend time cooking, we spend time socializing, and there are so many different ways that we can actually activate our youth right there in the kitchen. I want to talk to you today a little bit about cooking oil.

All cooking oils have different smoke points. Smoke point is a really important thing. Why? Because depending on when the oil starts to smoke will depend on what it does to your health and well being. When an oil starts to smoke when you're cooking with it, that oil then starts to product toxic fumes, which you are ingesting, which can be very dangerous. It also loses its nutritional value as well as its taste. So, I want to talk to you a little bit about which oils to cook with, which oils to drizzle on your salad, and which oils to bake with.

The Cleveland Clinic likes to break out different categories for smoke point. They have your high smoke point, your medium high smoke point, your medium, and your no heat smoke point. Those are the different categories that they like to use. And then of course there are different oils that go into those different categories. For a high smoke point, you could look at tea seed oil, or avocado oil. For a medium smoke point, I love to use coconut oil. And then for a no smoke point, I tend to focus on my olive oils because I love to drizzle the olive oils on my salad. I like to use them where I can really get the flavor. And with the delicate virgin olive oils, you have to be so careful to make sure that you're getting all of those rich polyphenols in there without getting them to a smoke point where they oxidize.

There are a couple of things that I think about when I choose my oils that sit in my kitchen, and they are, number one: are they a polyphenol powerhouse? They are rich in all the polyphenols that I need for my nutrition because I'm looking to get a lot of my nutrition out of cooking oils. A lot of us don't think about that, but there is so much nutrition and we can do so much with our cooking oils. So, I first and foremost look to see if they are a polyphenol powerhouse. Olive oil is a polyphenol powerhouse. You definitely know that tea see oil is a polyphenol powerhouse. Grape seed oil has lots of polyphenols in it.

Then I always look for the oils that boost my immune system. And what do I mean by that? Well, tea seed oil actually has antimicrobial properties to it, and studies show that when you ingest tea seed oil you're getting some of those protective benefits that you would get when you drink a cup of green tea because it's coming from the same place.

And then one other thing to really think a lot about when you're cooking with different oils in the kitchen is what tastes do you love. I want your body to start craving the good oils that we can get right through our cooking. So, do you love the flavor of coconuts, and if so, use the coconut oil. Do you love the flavor of the olive? I like to choose my olive oil from a special part of Greece where the actually olives are young olives. And so you've got all of the nutrients within those olives, and they're picked when they're so young, and it tastes very different in the olive oil. It's a light green olive oil, and it has a very delicious and sweet taste to it. But they're the young, almost unripe olives.

On the other hand, I love the taste of tea seed oil because you get a little bit of that green tea taste, but it's so delicate and so light that if you were to pour it on certain foods, you don't alter the taste of the food. And I love that green tea oil comes from the southern part of Asia. I love that the olive oil that I get comes from Greece. And I love that the coconut oil I get comes from Thailand. So, I'm getting a cultural experience as well as getting nutrients in these oils.

With these oils, you can drizzle them, you can pour them, you can splash them on your food. You can't get enough of these oils because your cells love them. Autophagy is activated through these oils.

And now you have a brief overview of taste, of smoke point, of where to get different oils and how they can influence your autophagy and really help you to defy your age again.

To your health.