

## **How To Store Cooking Oils and Fats**

Be sure to keep all oils used for cooking in a dark, cool place in your kitchen. Ideally the oil itself is in a dark glass container that keeps light out.

Keeping the oil in the dark protects it from damage done by the interaction of light with the oil over a period of time. Exposing the oil to light causes it to become oxidized. Once the oil is compromised by light exposure and oxidation, it produces free radicals and other harmful chemicals. When you eat this oil, you increase the damage done to your body. You want to avoid this situation.

These simple steps will help preserve the nutritional value of cooking oils.

### **Give Cooking Oil the “Sniff Test”**

When you go to cook with the oil, smell it first just before cooking with it. Does the cooking oil pass the “Sniff Test”? If yes, it’s probably OK to use it.

### **When Cooking Oil Doesn’t Pass the “Sniff Test”**

Once the oil goes rancid and spoils, it gives off an odd or bad odor. This is your clue that the oil is no longer safe and healthful to cook with.

If the cooking oil smells odd to you, or smells bad, throw it out. Don’t cook with it.

### **Why Using Spoiled, Rancid Cooking Oil Is a Bad Idea**

Once cooking oil turns bad, it becomes full of harmful chemicals known as free radicals, and these chemicals cause inflammation and oxidation in the body, and speed up the aging clock. Blood sugar issues on their own do damage to the body in a number of ways. You don’t want to add to the damage already being done.

**Take care of the oil you cook with so it can take care of you!**