THE CLEAN SHELF · FREE CHEAT SHEET

Seed Oil Swap Cheat Sheet

10 easy pantry swaps to skip canola, soybean, sunflower and other industrial seed oils.

How to use: Keep this on the fridge or screenshot it for your next grocery run. Swap one item a week. Always check the current label, since recipes change.

	INSTEAD OF…		TRY…
1	“Vegetable” or canola cooking oil	→	**Marianne’s Harvest Avocado Oil** For high-heat cooking, roasting and searing
2	Canola or soybean cooking spray	→	**Marianne’s Harvest Avocado Oil Spray** For pans, air fryers and baking sheets
3	Seed-oil blends for dressings and drizzling	→	**California Olive Ranch EVOO** For salads, dips and finishing
4	Margarine or “buttery” spreads	→	**Kerrygold Butter** For toast, eggs and baking
5	Mayo made with soybean oil	→	**Primal Kitchen Garlic Aioli Mayo** Made with avocado oil
6	Bottled ranch and salad dressings	→	**Primal Kitchen dressings** & **Primal Kitchen Ketchup** For the condiment shelf
7	Jarred pasta sauce with soybean oil	→	**Rao’s Homemade Marinara** or **Lucini Organic Tuscan Tomato Marinara** Made with olive oil
8	Regular corn tortilla chips	→	**Siete Grain-Free Tortilla Chips** Made with avocado oil
9	Classic potato chips	→	**Rosie’s Tallow Potato Chips** or **Beefy’s Own Tallow Potato Chips** Cooked in beef tallow
10	Gas-station jerky and meat snacks	→	**Chomps beef sticks** or **EPIC bars** Grab-and-go protein for road trips and lunchboxes

🚩 **Label red flags:** canola · soybean · sunflower · safflower · cottonseed · corn · grapeseed · rice bran oil · “vegetable oil” · “contains one or more of the following oils” · “and/or”

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Ingredients, verified dates, store links, swaps search, certification badges, a shopping list by store.

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