

How to Reduce LA in Your Diet

As a general rule, anything over 10 grams of LA a day is likely to cause problems. The lower the better, but a reasonable goal for most people is to get your level below 5 grams per day. So, how do you cut seed oils out of your diet? Top culprits to minimize or eliminate include:

Vegetable oils or seed oils used in cooking	Processed foods, especially sauces, dressings and other condiments
All restaurant foods (not just fast food), as most will cook the food in seed oil, not butter or lard	Conventionally raised chicken and pork (both are high in LA due to being fed omega-6 grains)
Most seeds and nuts (most, with the exception of macadamia nuts are loaded with LA)	Bread and other grain products

Safer Alternatives

The next question then becomes, what do you replace these oils with? While I'm not a fan of avocado oil, fresh avocados are a great source of healthy fat as long as you limit them to one per day or less. Both olive oil and avocado oil, however, are problematic in that most of these oils are adulterated with cheap seed oils and/or have gone rancid.

It's very difficult to find really high-quality, fresh, unadulterated olive and avocado oil. For example, a 2020 Food Control report² found a vast majority of commercially available avocado oils labeled as "extra virgin" and "refined" were in fact adulterated and of poor quality; 82% were found to have gone rancid before their expiration date.³ The same goes for olive oil. Limit olive oil use to salads.

Still, even if you do find a good brand, I would limit the amount of olive oil or avocado oil to 1 tablespoon a day, as they can be high in LA. The total amount varies from brand to brand. In the case of olive oil, it could be as low as 3% or as high as 25%, depending on the type of olives used. Your best bet is to simply assume there's LA in there and limit the amount you use each day.

For cooking, excellent substitutions include butter, tallow, ghee and organic coconut oil. Lard used to be fine, but virtually all commercial hogs for the past 50 years have been fed grains, which makes lard relatively high in LA.

Butter contains retinol (the active form of vitamin A), vitamin D, E and K2, antioxidants, minerals and iodine, all of which are important for health.⁴ About 20% of butterfat also consists of short- and medium-chain fatty acids, which are used right away for quick energy and therefore don't contribute to fat levels in your blood. Therefore, a significant portion of the butter you consume is used immediately for energy — similar to a carbohydrate.

Chicken fat is lower on my list of cooking oils primarily because of the unhealthy diet chickens are fed. Conventional chickens are routinely fed genetically engineered grains loaded with glyphosate, so their fat will be negatively affected. The grains and corn are also loaded with LA, which will make the fat higher in LA. The same is true for pork, so when buying lard, make sure it's from organically raised animals.

- ³ [The Counter June 17, 2020](#)
- ⁴ [Weston A. Price Foundation January 1, 2000](#)

Cooking Oils	% Linoleic acid
Safflower	70%
Grape seed	70%
Sunflower	68%
Corn	54%
Cottonseed	52%
Soybean	51%
Rice bran	33%
Peanut	32%
Canola	19%
Olive oil	10% (3%-27%)
Avocado	10%
Lard	10%
Palm oil	10%
Tallow (CAFO)	3%
Butter (CAFO)	2%
Coconut oil	2%
Tallow (Grass Fed)	1%
Butter (Grass Fed)	1%

Seeds/Nuts	% Linoleic Acid
Poppy seed	62%
Hemp	57%
Wheat germ	55%
Walnut	53%
Pecan	50%
Pumpkin	45%
Brazil nuts	43%
Sesame	41%
Peanut	32%
Pine Nuts	33%
Chia	16%
Almond	16%
Flaxseed	14%
Pistachio	13%
Hazelnuts	12%
Cashew	8%
Macadamia	2%