

## **Safflower Oil** (Fats and Oils)

**Interesting facts:** The oil comes from an extraction of safflower seeds and has been used for centuries across the globe, but mainly in both Eastern and Western cultures. The plant itself is much like the thistle, and as the yellow petals drop they leave the seeds behind. India is currently the largest leading commercial producer of safflower oil worldwide. Safflower oil can impede blood clotting. It can likely heighten your risk of bleeding post-surgery. Anticoagulants and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen may also increase hemorrhaging when taken with safflower oil. Individuals who are allergic to ragweed, chrysanthemums, marigolds, daisies, and sunflowers should not consume safflower oil.

**How to select:** Buy organic “high oleic” variety.

**How to store:** Does not need refrigeration but keep cool.

**How to use:** Safflower oil's high smoke point lends it to most high-temperature cooking and baking, as well as searing, browning and deep-frying. Can also be used in salad dressings and sauces.