

The role of diet in the prevention of disease It is always recommended to use chemically stable vegetable oils, that is, oils that do not have stability. It oxidizes quickly, such as coconut oil, palm oil, olive oil and T oils that do not occur No change if kept at room temperature. It is possible to differentiate between vegetable and animal fats mainly in terms of the degree of viscosity and where Animal facts remain solid at room temperature, while Vegetable fats turn into liquid oils when stored at room temperature. It is not recommended to heat animal fats at high temperatures, as this may turn them into elements It is a toxic substance, and therefore it is not recommended for use in frying, as this may lead to disease Many. Another difference is that ghee is salt-free, and lactose-free and does not burn easily at high temperatures. On the other hand, oil consists of trans fats and a low smoke point, which helps it burn easily at low temperatures. Ghee is said to be the 'ideal cooking oil' because of its many healing .properties