

U.S. food products have a new feature on the Nutrition Facts label – trans fat declaration. Including trans fat content on food labels gives consumers more information about the main dietary fats linked with the risk of heart disease – saturated fat, trans fat and cholesterol.

Canola Oil Nutrition Facts Label

The Nutrition Facts label for canola oil shows a serving size of 1 tablespoon. The amount of food, or serving size, is the basis for the nutrient information shown in the Nutrition Facts label. Because the U.S. serving size is bigger than the Canadian serving size, the nutrient values differ on the two labels.

Label Information about Trans Fat

As defined by the U.S. Food and Drug Administration (FDA), canola oil does not contain *trans* fat. Eating less *trans* fat and saturated fat will help lower blood LDL-cholesterol, the so-called bad cholesterol, and reduce heart disease risk.

The main source of *trans* fat is partially hydrogenated vegetable oil used to make hard margarines, shortenings and a variety of processed foods. Many foods besides margarine and shortening may contain partially hydrogenated oils and as a result, contain *trans* fat: cookies, cakes, french fries, donuts, croissants, fast food fish sandwiches, potato chips, crackers, cake mixes and waffles.

Some food products may show zero *trans* fat in the Nutrition Facts table even though they list “shortening”, “partially hydrogenated vegetable oil” or “hydrogenated vegetable oil” as an ingredient. When this occurs, it means the total amount of fat in the food is very small (less than 0.5 gram). Pure canola oil shows zero *trans* fat in the Nutrition Facts table because, by definition, it is *trans* fat-free.

% Daily Value

The % Daily Value of a food gives a general idea of how a food’s nutrient content contributes to a diet plan providing 2,000 calories. Canola oil provides 1 gram of saturated fat in one serving, giving a % Daily Value of 5%. Canola oil is low in saturated fat. There is currently no % Daily Value for *trans* fat.

Omega-3 Content

Canola oil is a leading source of alpha-linolenic acid (ALA), an omega-3 fatty acid, providing 1.3 grams of ALA per serving. ALA is the essential omega-3 fatty acid needed in our diets

NUTRITION FACTS LABEL FOR CANOLA OIL, 100% PURE

Nutrition Facts	
Serving Size: 1 Tbsp. (14 g)	
Amount Per Serving	
Calories 120	Calories from Fat 120
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 8g	
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin E 2mg	25%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Rule of thumb for choosing foods low in saturated fat – like canola oil!

5% Daily Value or less = low

20% Daily Value or more = high

because our bodies cannot make it. Canola oil qualifies for a claim that it is high in ALA, and the label can show that canola oil contains 100% of the Daily Value for ALA per serving.

Vitamin E Claim

Canola oil is a good source of vitamin E. One serving has a % Daily Value of 25%, meaning that a consumer who ate a 2,000 calorie diet would be getting about one-fourth of his or her vitamin E intake for the day from one serving of canola oil.

New Labels Mandatory

The new Nutrition Facts label became mandatory as of January 1, 2006. It can help consumers identify heart healthy foods that are lower in saturated fat, *trans* fat and cholesterol – foods such as canola oil!

Suggested Reading

U.S. Food and Drug Administration. *Questions and Answers about Trans Fat Nutrition Labeling*. Available at www.cfsan.fda.gov/~dms/qatrans2.html.

U.S. Food and Drug Administration. *Trans Fat Now Listed with Saturated Fat and Cholesterol on the Nutrition Facts Label*. Available at www.cfsan.fda.gov/~dms/transfat.html.



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