



# Canola Oil. Good for Every Body!™

There's a secret weapon in many kitchens today: canola oil. It's the healthiest, most versatile and cost-effective cooking oil available. With its beneficial fat profile, neutral taste, light texture and high heat tolerance, canola oil is ideal for everyday use in just about any culinary application — from salad dressings, sauces and marinades to baking, sautéing and deep-frying. Plus, canola oil enhances the natural flavors of foods from all over the world.

## A Heart-Smart Choice

Canola oil has the least saturated fat of any culinary oil — half that of olive oil — and is free of *trans* fat and cholesterol. In fact, the U.S. Food and Drug Administration authorized a qualified health claim\* for canola oil on its potential to reduce the risk of heart disease. About 1.5 tablespoons a day may keep the cardiologist away ... for just pennies per serving. Canola oil also has the most omega-3 fat of any cooking oil and is a good source of vitamin E.

## In keeping with the dietary recommendations of health authorities, canola oil is:

### ◆ Free of *trans* fat and cholesterol

*Trans* fat increases the risk of heart disease in two ways: it raises “bad” LDL cholesterol and lowers “good” HDL cholesterol.

### ◆ Low in saturated fat

Saturated fat has also been linked to increased risk of heart disease by increasing bad LDL cholesterol.

### ◆ High in monounsaturated fat

Monounsaturated fat may help reduce the risk of heart disease by lowering bad LDL cholesterol and controlling blood sugar.

### ◆ High in omega-3 fat

Alpha-linolenic acid (omega-3) must be consumed because the body cannot make it on its own. Omega-3 fat is anti-inflammatory and may help protect against heart attacks and strokes.

### ◆ A source of omega-6 fat

Linoleic acid (omega-6) is also essential in the diet because the body cannot produce it. Omega-6 fat is essential for human growth and development as well as for skin health.

**Remember, not all fats are created equally!  
The type of fat matters as much as the amount.**

## COMPARISON OF DIETARY FATS

Canola oil	7	21	11	61
Safflower oil	8	14	1	77
Flaxseed oil	9	16		57
Sunflower oil	12	71	1	16
Corn oil	13	57	1	29
Olive oil	15	9	1	75
Soybean oil	15	54	8	23
Peanut oil	19	33	*	48
Cottonseed oil	27	54		19
Lard	43	9	1	47
Palm oil	51	10	*	39
Butter	68		3	28
Coconut oil	91			7

**SATURATED FAT**      **POLYUNSATURATED FAT**      **MONOUNSATURATED FAT**

■     
■ linoleic acid (an omega-6 fatty acid)     
■ alpha-linolenic acid (an omega-3 fatty acid)     
■ oleic acid (an omega-9 fatty acid)

\*Trace      Fatty acid content normalized to 100%

\* Limited and not conclusive scientific evidence suggests that eating about 1½ tablespoons (19 grams) of canola oil daily may reduce the risk of coronary heart disease due to the unsaturated fat content in canola oil. To achieve this possible benefit, canola oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day. — U.S. Food and Drug Administration



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## Low Profile, High Impact

Canola oil's low saturated fat content benefits culinary applications as well. It remains free-flowing in the refrigerator, so vinaigrettes, marinades and salad dressings can be poured right out of the fridge. With its neutral taste, canola oil lets herbs, seasonings and food flavors shine. It's like a supporting actor that makes a dish become a star. And canola oil will never upstage other ingredients. It's ideal for showcasing fresh produce, herbs and spices and makes the perfect base for flavored oils.

## Beating the Heat

Canola is a very stable oil that doesn't break down at high temperatures, so it's ideal for sautéing, stir-frying, deep-frying and other high-heat applications. Its smoke point — the temperature at which it begins to smoke and degrade — is one of the highest of all cooking oils at 468 °F (242 °C). That's well above ideal deep-frying temperatures (365-375 °F or 185-190 °C).

## Culinary oil smoke points

Culinary Oil	Smoke Point (°F) (°C)	
Peanut	471	244
<b>Canola</b>	<b>468</b>	<b>242</b>
Sunflower	464	240
Corn	453	234
Soybean	453	234
Safflower	446	230
Grapeseed	435	224
Olive Processed	428	220
Extra Virgin Olive	331	166

Source: University of Leoben

Optimal deep frying temperature:  
365-375°F (185-190°C)

## Taking the Cake

Canola oil adds to the delicious nature of baked goods by providing them with a moist, soft texture with no cholesterol and little saturated fat. Replacing solid fats like butter or lard with canola oil allows for a reduction in both total and saturated fat. In fact, total fat can drop by up to 25 percent, sparing calories without sacrificing goodness. The baking substitution chart shows how to use canola oil in cakes, muffins, brownies, pie crusts and other baking recipes\* that call for solid fat. Also, try using canola oil instead of shortening or butter to grease baking pans.

## bake more with less fat!

### Canola Oil Baking Substitution Chart

Solid Fat	Canola Oil
1 cup (250 mL)	> ¾ cup (175 mL)
¾ cup (175 mL)	> ⅔ cup (150 mL)
½ cup (125 mL)	> ⅓ cup (75 mL)
¼ cup (50 mL)	> 3 Tbsp (45 mL)
1 Tbsp (15 mL)	> 2 tsp (10 mL)
1 tsp (5 mL)	> ¾ tsp (4 mL)

\* For baked goods that need creamed fat for aeration, such as certain cookies and cakes, this conversion may not be successful.



## Canola's Roots

- Canola plants grow from three to five feet tall and produce beautiful small, yellow flowers. The plants produce pods from which seeds are harvested.
- Canola oil comes from the crushed seeds of canola plants. These seeds contain about 44% oil — double the oil content of soybeans. This large percentage of oil comes in a small package; canola seeds are tiny and resemble poppy seeds, though they are brownish-black in color.
- Part of the Brassica family, the canola plant is related to cabbage, broccoli, Brussels sprouts and mustard. Like these plants, canola is a crucifer — so called because its small, yellow flowers have the shape of a cross.
- Canada — primarily the prairie provinces of Saskatchewan, Alberta and Manitoba — is the world's top exporter of canola and one of its top producers.
- Although they look similar, canola and rapeseed plants and oils are very different. Canadian researchers used traditional plant breeding to eliminate the undesirable components of rapeseed and created "canola," a contraction of "Canadian" and "ola."

For more information about canola, go to [www.canolainfo.org](http://www.canolainfo.org).