

# NUTRITION



## FACT SHEET

### Canola Oil: Good for Every Body!

Did you know that canola oil contains the least amount of saturated fat of any common edible oil? With just 7% saturated fat, canola oil is 93% healthy monounsaturated and polyunsaturated fats. The polyunsaturated fats in canola oil include the essential fatty acids alpha linolenic acid, an omega-3 fatty acid, and linoleic acid, an omega-6 fatty acid. These fats are needed because the body cannot make them. Canola oil is also a good source of vitamins E and K and plant sterols, which may help keep the heart healthy.

Canola oil is made by crushing the seeds of canola plants, which are grown in the United States, Canada and many other parts of the world. Canola was developed in Canada in the 1970's. The name "canola" is a contraction of "Canadian oil, low acid."

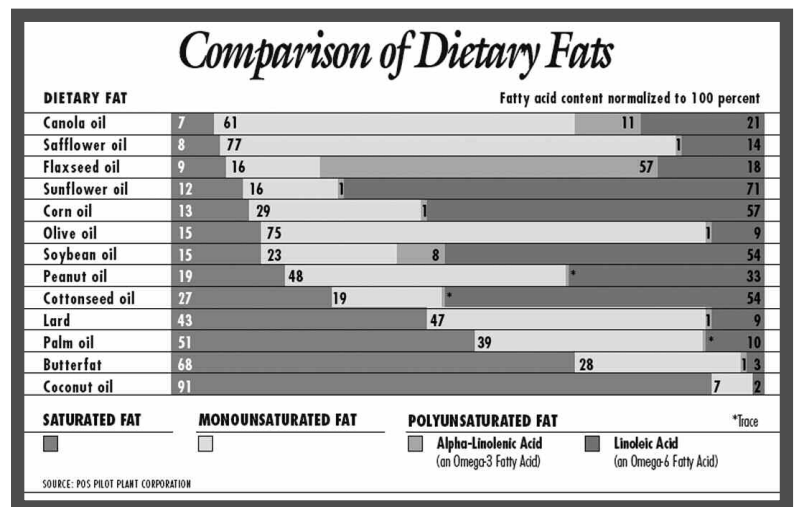
#### Fat Facts

Everyone needs some fat in their diet. It's an important source of energy, a part of cell membranes, and needed for the production of certain hormones. Fat helps the body absorb vitamins A, D, E and K. However, keeping fat intake within dietary guidelines is important for good health.

The type of fat in the diet matters just as much as total fat. To reduce the risk of heart disease, health authorities advise eating foods that contain mostly healthy unsaturated fats within the recommended range. Replacing saturated fats with unsaturated fats can lower total and LDL ("bad") cholesterol. Saturated and trans fat intakes should be as low as possible because they increase total and LDL cholesterol. Trans fat can also decrease HDL ("good") cholesterol.

saturated fat and minimal trans fat intake. Cholesterol intake should be less than 300 mg/day. Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fats, such as fish, nuts, and vegetable oils.

Canola oil has the potential to help consumers achieve these dietary goals because it has the lowest amount of saturated fat (7% of total content) of all oils commonly consumed in the United States, including corn oil (13% saturated fat), olive oil (15%), palm oil (51%), soybean oil (15%), and



#### Dietary Guidelines

The 2005 Dietary Guidelines for Americans recommend no more than 30 percent of total calories from fat, including 10 percent or less from

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sunflower oil (12%). Also, canola oil is made up of monounsaturated fats (61% of total content) and is the richest source of alpha-linolenic acid (ALA) (11% of total content) among oils widely available in North America. A recent modeling study reported that substitution of canola oil and canola oil-based margarine for other vegetable oils and spreads can increase compliance with dietary recommendations for saturated fat, monounsaturated fat and ALA among adults. A modeling study is used to project the effect of one or more hypothetical dietary changes on nutrient intake using data from a large dietary survey.

### Oh, Omega-3!

Substitution of canola oil for other fats may greatly increase the intake of ALA. New research suggests that ALA—the only omega-3 fatty acid found in appreciable amounts in some vegetable oils—may help protect the heart by having beneficial effects on abnormal heartbeats, inflammation and blood clots. Furthermore, most research shows that ALA intake is associated with decreased incidence and mortality from heart disease.

### Heart Health

Heart disease continues to be the leading cause of death among adults in the United States. According to the American Heart Association, about 1.4 million deaths are due to heart disease each year. Fortunately, a healthy lifestyle, including a diet low in saturated fat and cholesterol and maintaining a healthy weight, may help reduce the risk of heart disease.

### Good News to Take to Heart

On October 6, 2006, the U.S. Food and Drug Administration authorized a qualified health claim for canola oil on its ability to reduce the risk of coronary heart disease (CHD) due to its unsaturated fat content. The claim, which canola oil bottlers and makers of eligible products may use on labels and advertising materials, states:

*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. One serving of this product contains [x] grams of canola oil.*

This claim offers a simple, affordable and convenient strategy for consumers to reduce their risk of heart disease. The lack of consumer barriers to using canola oil with respect to cost, taste, convenience and availability makes it particularly attractive.

### Canola in the Kitchen

Canola oil is a multi-functional oil with a high heat tolerance, neutral taste and light, smooth texture. It can be used for sautéing, frying and baking as well as in marinades, salad dressings, sauces and fondue. When used in place of solid fats or other vegetable oils, canola oil produces dishes and baked goods with less saturated fat and trans fat.

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