

NUTRITION

FACT SHEET

Diglyceride-Rich Cooking and Salad Oil: To Help Maintain a Healthy Lifestyle

You may already know that certain oils like olive oil and canola oil are part of a healthy diet. These oils, as well as soybean, corn and peanut oils, all provide healthful polyunsaturated and monounsaturated fats. For consumers who are working toward maintaining a healthy lifestyle, diglyceride-rich cooking and salad oil is an option that can offer unique health benefits.

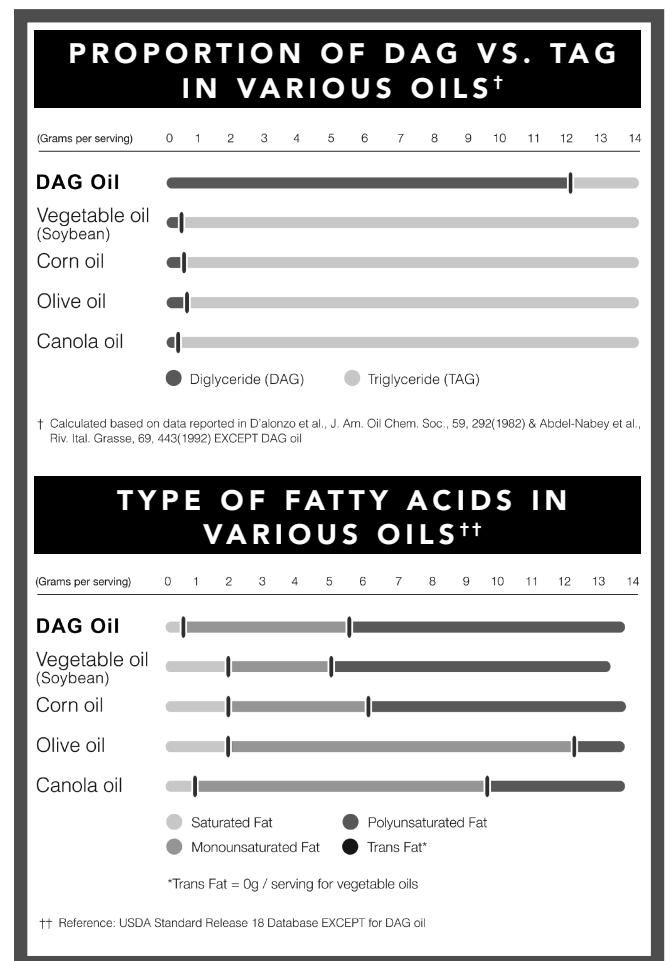
What is Diglyceride-rich oil?

Diglyceride-rich or DAG oil is made from natural soy and canola oils. It provides the same calories and fat per tablespoon as other vegetable oils. DAG oil was developed in Japan and has been used there since 1999. It is currently the best-selling cooking and salad oil in Japan. DAG oil became available in the U.S. in January 2005.

Why DAG oil?

Supported by over 20 years of research, DAG oil was reviewed as Generally Recognized as Safe (GRAS) by the U.S. Food and Drug Administration (FDA). Research studies indicate that consuming DAG oil offers numerous health benefits, including lowering blood triglyceride levels following a meal.

Also, clinical trials conducted in Japan and the U.S. have shown that body fat mass may be reduced when 1 to 1 ½ tablespoons of DAG oil are substituted for other types of vegetable oils within a calorie-controlled diet. Clinical studies have reported that when compared to other cooking and salad oils, less DAG oil is stored in the body as fat. Also, comparison of the Nutrition Facts panels shows that DAG oil has less saturated fat than other vegetable oils and provides 30% of the Daily Value for vitamin E per serving.



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How DAG oil works

There are two types of fat structures found in cooking and salad oils: triglycerides and diglycerides. Vegetable oils such as corn, soy, peanut and olive are triglyceride-based, containing only small amounts of diglycerides. During digestion, triglycerides are broken down and absorbed by the cells that line the small intestine, where they are reassembled into fat-rich particles. These fat-rich particles are carried away from the small intestine and circulate through the bloodstream. Eventually, some may be stored in the body as fat.

Diglycerides are naturally occurring components found in foods and vegetable oils in varying amounts. Diglycerides are digested and absorbed in the same way as triglycerides. However, the small intestine cannot efficiently reassemble them into fat-rich particles. Fewer of these fat-rich particles reassemble, so fewer are available to be stored in the body as fat.

Fat, DAG Oil and the Dietary Guidelines

Consumers who are concerned about nutrition and their health are re-evaluating the way they eat and how they live. According to the *Dietary Guidelines for Americans, 2005*, total fat intake should be between 20 percent to 35 percent of calories. Intake of saturated fat and trans fat should be limited with most fats being polyunsaturated and monounsaturated. Replacing saturated fats in the diet with polyunsaturated and monounsaturated fats has been found to reduce harmful LDL cholesterol levels and reduce the

risk of heart disease. Polyunsaturated and monounsaturated fats also provide essential fatty acids, such as omega-3, that are needed for optimal nutrition. Choosing the right amount and types of fats and oils is an essential component of healthful meal planning. DAG oil is now available in the cooking and salad oil section. It is the only product you can find in that section designed to help consumers maintain a healthy weight and lower blood triglyceride levels when included as a part of a sensible diet. If you are working toward making better food and lifestyle choices, incorporating DAG cooking and salad oil into your diet is a smart choice.

FRESH BALSAMIC GREEN BEAN SALAD

Ingredients

¼ cup DAG-based cooking/salad oil
1 pound fresh green beans, trimmed
2 tablespoons shallots, chopped
2 tablespoons garlic, chopped
2 tablespoons yellow bell peppers, chopped
¼ cup balsamic vinegar (white)

Procedure:

Place green beans in a large saucepan. Fill with enough water to cover green beans, and bring to a boil over high heat. Reduce heat to medium low, and simmer 10 minutes. Drain, and let cool.

In a bowl, stir together shallots, garlic, balsamic vinegar, and DAG oil. Pour over green beans. Cover, and refrigerate at least 1 hour. Serve cold. Yields: 4 servings

Nutrition Information per serving:

Calories 180; Fat 13 g (Saturated Fat 1 g; Monounsaturated Fat 5 g; Polyunsaturated Fat 7 g); Cholesterol mg; Sodium 10 mg; Carbohydrates 13 g; Fiber 4 g; Protein 4 g

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