

# Canola Oil. Good for Every Body!

There's a secret weapon in many kitchens today: canola oil. It's one of the healthiest, most versatile and cost-effective cooking oils 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.

## A Heart-Smart Choice

Canola oil has the least saturated fat of any common culinary oil — half that of olive oil and soybean oil — and is free of trans fat. 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 when used in place of saturated fat. Canola oil also has the most plant-based omega-3 fat of the common cooking oils and is a good source of vitamin E.

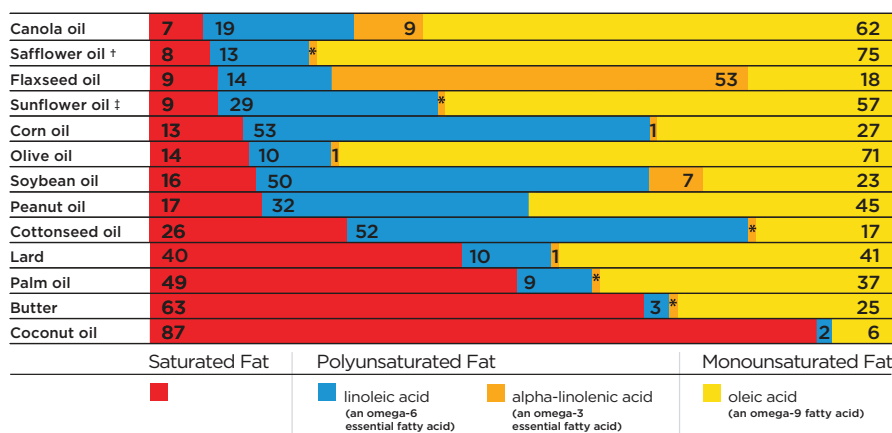
## Health professionals recommend:

- Keep total fat intake between 20-35 percent of calories
- Limit sources of saturated fats and replace with sources of unsaturated fats
- Avoid trans fat

## Canola oil is:

- Low in saturated fat
- High in plant-based omega-3 essential fatty acid
- A source of omega-6 essential fatty acid
- Rich in monounsaturated fat
- Free of trans fat

## Comparison of Dietary Fats



\* High Oleic † Mid Oleic \* Trace

Fatty acid content expressed as g/100g fat



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\* 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 other sauces can be used 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. Canola oil will never upstage other ingredients.

## Beating the Heat

Canola is 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 optimal 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 LETHBRIDGE

## Baking Substitution Chart

Solid Fat		>	Canola Oil	
1 cup	(250 mL)	>	$\frac{3}{4}$ cup	(175 mL)
$\frac{3}{4}$ cup	(175 mL)	>	$\frac{2}{3}$ cup	(150 mL)
$\frac{1}{2}$ cup	(125 mL)	>	$\frac{1}{3}$ cup	(75 mL)
$\frac{1}{4}$ cup	(50 mL)	>	3 Tbsp	(45 mL)
1 Tbsp	(15 mL)	>	2 tsp	(10 mL)
1 tsp	(5 mL)	>	$\frac{3}{4}$ tsp	(4 mL)

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

## Taking the Cake

Canola oil gives baked goods a moist, soft texture with little saturated fat. Use canola oil in place of solid fats like butter or lard to reduce the amount of saturated fat in your favorite cakes, muffins, brownies and other baking recipes\*. Use this substitution chart to know how much canola oil to use instead of solid fat. Canola oil instead of shortening or butter to grease baking pans.



## 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 45% 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 Brassicaceae 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).