



# Canola Oil Factsheet

Canola oil is recommended by leading health authorities because of its health properties, in particular, the low level of saturated fat and relatively high levels of omega 3 and 6 fats. These properties makes canola oil an ideal choice for people wanting to improve their overall health.

High levels of cholesterol in the blood is a key risk factor for heart disease. For this reason, leading health authorities, such as the Australian National Heart Foundation, the American Heart Association and the Heart and Stroke Foundation of Canada all recommend the use of canola oil as part of a heart healthy diet\*\*



## Q&A

**Q: Why are food companies and restaurants changing to canola oil?**

A: Canola oil is nutritionally superior than traditional oils such as palm oil and tallow as it is lower in saturated fats and has a higher amount of polyunsaturated and monounsaturated fats. The National Heart Foundation of Australia recommends that Australians should actively reduce their intake of foods high in saturated and trans fats\*\*.

**Q: Does canola oil contain trans fatty acids?**

A: Canola oil is virtually free of harmful trans fats as it contains less than 1% trans fatty acids.

**Q: What is the benefit of lowering saturated fats?**

A: Medical research indicates there is a strong association between a lower intake of saturated fats in the diet and cardiovascular health\*. Canola oil has less than one quarter the level of saturated fats compared to tallow or palm shortening.

**Q: Is canola oil cholesterol free?**

A: Yes, as Food Standards Australia states, "Cholesterol occurs in animal foods such as offal, meats, full-fat dairy products, egg yolks and kidneys but is not found in oils and fats from plants." \*\*\*

**Q: What are Monounsaturated fats?**

A: Canola oil is high in monounsaturated fats. Monounsaturated fats are the 'good' fats, and clinical studies have shown them to have a beneficial effect on cardiovascular health\*.

**Q: How is canola oil processed?**

A: Once delivered to Cargill's processing facilities the canola seed is crushed to extract the oil. Our facility is certified by our customers which includes compliance to third party food safety and good manufacturing practice audits.

## References:

\*\*WHO Expert Committee (2003) Risk factors in cardiovascular disease. World Health Organisation, Geneva.

\*\*The Heart Foundation <http://www.heartfoundation.org.au/healthy-eating/fats/Pages/healthy-fats.aspx>

\*\*\*Food Standards Australia <http://www.foodstandards.gov.au/scienceandeducation/factsheets/factsheets2010/choosinghealthierfat5003.cfm>

# Sinclair AJ. The Good Oil: Omega 3 polyunsaturated fatty acids. Today's Life Sciences 1991;8:18-27; Meydani M. 1995. Vitamin E. Lancet 345:170-175; James MJ, Gibson RA, Cleland LG. Dietary polyunsaturated fatty acids and inflammatory mediator production. Am J Clin Nutr 2000;71 (Suppl):343S-348S.