

# High Oleic Canola Oil

Cargill produces two types of canola oil: canola oil which is sold at the retail level and high-oleic canola oil sold almost exclusively to food companies and food service operations. High oleic canola oil is one of the healthiest oils in the marketplace with close to zero trans fat and cholesterol, healthy monounsaturated and polyunsaturated fats, and the lowest amount of saturated fat of all common cooking oils.



## Q: How is high oleic canola oil different from normal retail canola oil?

A: High oleic canola oil has been specifically bred for repeated deep frying applications. This oil is high in oleic acid and low in linolenic acid which makes the oil less susceptible to deterioration during deep frying. This stability ensures the performance food manufacturers and foodservice providers need, while delivering the high quality taste and nutritional benefits consumers demand.

## Q: Why are food companies and restaurants changing to High oleic canola oil?

A: High oleic canola oil is nutritionally superior than traditional oils used for deep frying (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 high oleic canola oil contain trans fatty acids?

A: High oleic 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\*. High oleic canola oil has less than one quarter the level of saturated fats compared to tallow or palm shortening.

## Q: Is high oleic 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: High oleic 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\*.

### \* 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>

**Q: How does high oleic canola oil compare to other frying oils.**

A: Some commonly used deep frying oils include tallow and palm shortening that are highly saturated and contain unhealthy trans fats. Cottonseed oil is also widely used for deep frying in both commercial and food service markets. High oleic canola oil is much lower in saturated fat and hence has a much healthier nutritional profile.\*\*

Oil	Beef Tallow	Palm Shortening	Cottonseed Oil	High Oleic Canola Oil
Saturated Fats	48%	53.5%	25.5%	8.6%
Trans Fats	4%	0.5%	0.5%	0.4%
Polyunsaturated Fats	6%	9%	58%	22%
Monounsaturated Fats	42%	37%	16%	69%
Cholesterol	100mg/100g	Nil	Nil	Nil

**Q: Where is our high oleic canola sourced ?**

A: Our high oleic oil is derived from Cargill's own Victory canola varieties, which have been specifically developed to be grown under Australian conditions. Cargill produces the planting seed and then contracts Australian farmers to grow the crop from which the high oleic canola oil is derived.

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

A: Once delivered to our processing facilities the Victory high oleic canola seed is tested for varietal purity and oil quality. If it meets our strict standards the seed is crushed to extract the high oleic canola oil. Our facility is certified by our customers which includes compliance to third party food safety and good manufacturing practice audits.

**Q How does Cargill ensure the quality of its high oleic Canola oil?**

A: Cargill Australia is active in every step of the high oleic Canola supply chain. Cargill Australia develops varieties, produces the planting seed, contracts farmers to grow the canola, stores and transports the harvested canola and finally processes the seed into refined and packaged high oleic canola oil. Cargill is in a unique position to be able to control every step of the supply chain, ensuring the final product is of the highest quality and purity.



- For more information regarding Cargill's Victory high oleic canola program please contact Joshua Gordon on +61 (0) 2 63600019 or your nearest AWB representative
- For Refined Oil enquiries please call +61 (0) 9268 7200 or visit [www.cargill.com.au](http://www.cargill.com.au)

