

FAT FACTS



Canola Oil

Canola oil is extracted from the seeds of the canola plant, which was developed through crossbreeding with the rapeseed plant. Canola is a healthy oil that's low in saturated fat and a good source of mono- and polyunsaturated fats, including omega-3s. The canola plant was developed from its close relation, the rapeseed plant, using traditional plant breeding methods.

Canola oil differs from rapeseed oil which is used in Europe and Asia. Canola oil is extremely low in erucic acid. While erucic acid hasn't been shown to affect human health, it's been linked to cardiac abnormalities in research animals. The Food and Drug Administration deems canola oil safe in food.

Where did it get its name?

Canola (**C**anadian **o**ilseed- **l**ow **a**cid) is labeled for modified plant developed by Canadian scientists using traditional plant breeding methods to get rid of rapeseed's undesirable qualities – erucic acid and glucosinolates.

How should you use it?

Canola oil has a light flavor, which makes it versatile in cooking. Replace solid fats like butter or margarine with canola oil when cooking or baking. Canola oil works well for sautéing and stir-frying. It also is good for coating pots, pans and your grill. Canola oil has highest smoke point oil is also an ideal choice for deep frying because it can be heated to a higher temperature (smoke point -450 °F). This results in lower oil retention in the fried foods