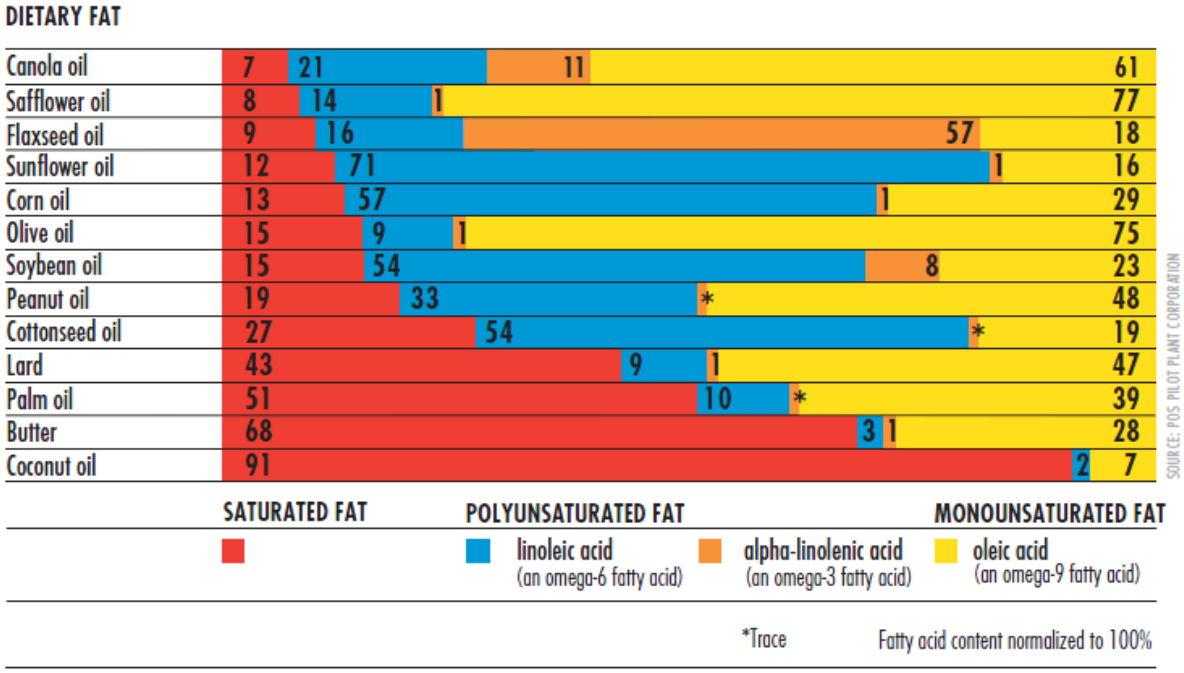
Comparison of Dietary Fats



canola oil. good for every body!™

Not all Fats are Created Equal!

Your body needs fat to provide energy and help you absorb fat-soluble vitamins. Certain fats such as omega-3 and omega-6 fats are essential for good nutrition and must be consumed as part of a healthy diet. It is important to choose fats wisely because some fats are healthier for you than others. Canola oil provides more healthier fats than any other popular vegetable oil.

In keeping with dietary recommendations* canola oil is:

- **low in saturated fat.**
  Saturated fat raises the bad LDL cholesterol in your blood and has been linked to increased risk of coronary heart disease.
- **a source of omega-6 fat.**
  Omega-6 fat must be consumed in your diet and is important for the brain and essential for the growth and development of infants.
- **high in omega-3 fat.**
  Omega-3 fat must also be consumed in your diet and helps protect against heart attacks and strokes.
- **high in monounsaturated fat.**
  Monounsaturated fat may reduce the risk of coronary heart disease by lowering bad LDL cholesterol in the blood and helping control blood glucose.
- **cholesterol and *trans* fat free.**
  Trans fat raises bad LDL cholesterol and lowers good HDL cholesterol.

How do you get the Right Fats in your Diet?

Health professionals recommend:

- keeping total fat intake between 20 to 35 percent of calories.
- choosing monounsaturated fat from such sources as nuts, seeds and vegetable oils including canola oil.
- increasing omega-3 fat from sources such as salmon, lake trout, walnuts and canola oil.
- consuming less than 10 percent of calories from saturated fat per day.
- avoiding *trans* fat.
- avoiding dietary fats that increase cholesterol.

Canola oil may Reduce the Risk of Coronary Heart Disease.

The U.S. Food and Drug Administration authorized, in October 2006, a qualified health claim for canola oil based on its high percentage of unsaturated fats.

The claim states: *"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".*

canolainfo.org

fyi@canolainfo.org 1.866.479.0853

*The U.S. government recommends that people "consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible".

Health Canada advises "for good health, include a small amount (2 - 3 Tbsp/30 - 45 mL) of unsaturated fat and limit the amount of saturated and *trans* fat in your day".

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