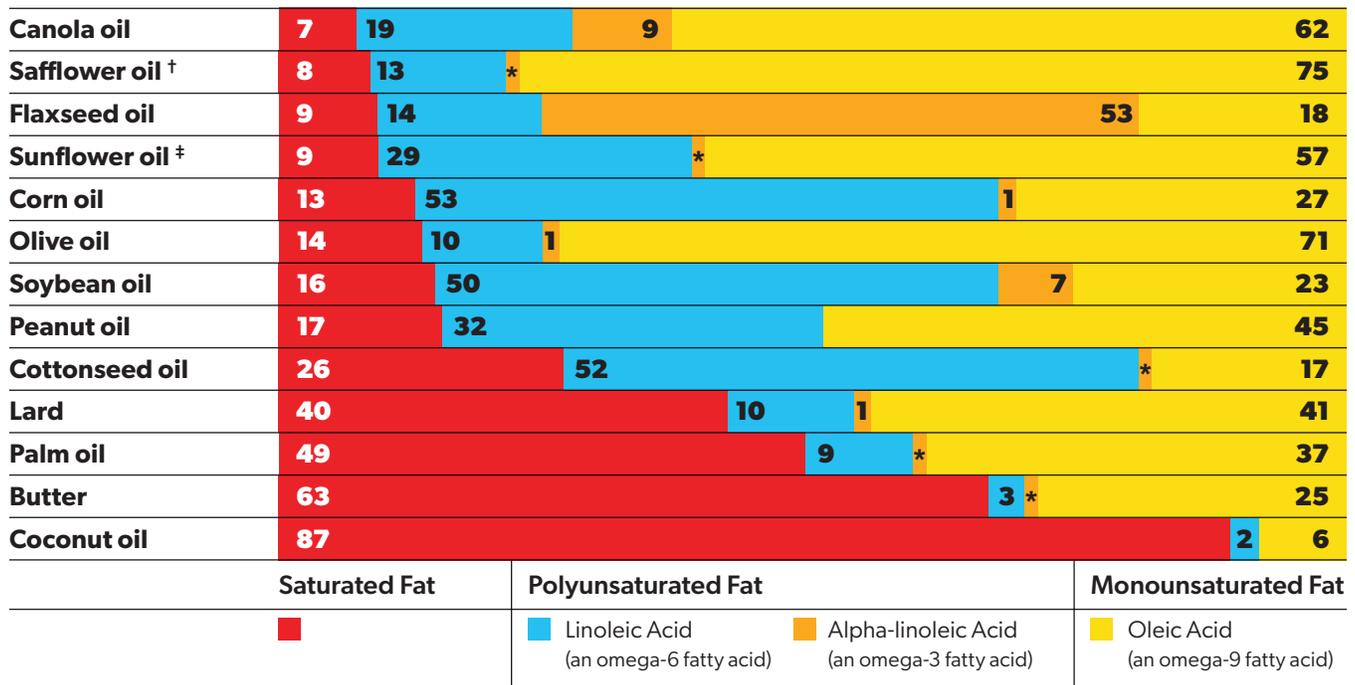


Comparison of dietary fats



SOURCES: CANADIAN NUTRIENT FILE AND USDA NATIONAL NUTRIENT DATABASE ACCESSED SEPTEMBER 2023

Canola oil is a healthy fat

Whether you're drizzling, baking, sautéing or roasting, here's why canola oil is a great choice for your kitchen:

Canola is a heart-healthy oil that is low in saturated fat, and a plant-based source of omega-3 polyunsaturated fat. Canola oil's neutral taste, light texture and high smoke point make it one of the most versatile oils in your kitchen.

Canola oil is:

- Low in saturated fat
- High in plant-based omega-3 polyunsaturated fat
- A source of omega-6 polyunsaturated fat
- Rich in monounsaturated fat: 62% of total fatty acids.
- *Trans* fat free.

When it comes to choosing fat, Health Canada recommends:

“Choosing foods that contain mostly healthy fats instead of foods that contain mostly saturated fat can help lower your risk of heart disease. Heart disease is one of the leading causes of death in Canada.”