

## Comparison of dietary fats

Canola oil	7	19	9	62
Safflower oil †	8	13	1	75
Flaxseed oil	9	14	53	18
Sunflower oil ‡	9	29	*	57
Grapeseed oil	10	70	*	16
Avocado oil	12	13	1	68
Corn oil	13	53	1	27
Olive oil	14	10	1	71
Soybean oil	16	50	7	23
Peanut oil	17	32		45
Cottonseed oil	26	52	*	17
Lard	39	10	1	41
Palm oil	49	9	*	37
Beef tallow	50	3	1	36
Butter	63	3	*	21
Coconut oil	83		2	6

SOURCE: FOODDATA CENTRAL (SPL/LEGACY) - ACCESSED JULY 2025

Saturated Fat	Polyunsaturated Fat		Monounsaturated Fat
<span style="color: red;">■</span>	<span style="color: blue;">■</span> linoleic acid (an omega-6 essential fatty acid)	<span style="color: orange;">■</span> alpha-linolenic acid (an omega-3 essential fatty acid)	<span style="color: yellow;">■</span> oleic acid (an omega-9 fatty acid)

† High Oleic ‡ Mid Oleic \* Trace

Fatty acid content expressed as g/100g fat

## Canola oil is a healthy fat

Whether you're drizzling, baking, sauteing 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 and 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 and trans fat can help lower your risk of heart disease. Heart disease is one of the leading causes of death in Canada.”**