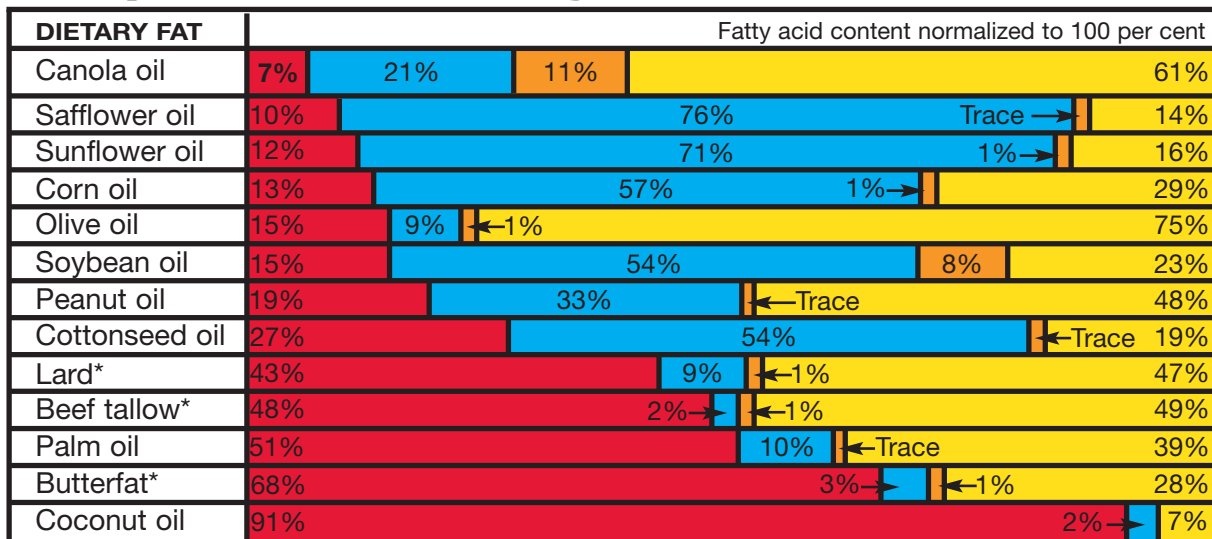


Comparison of Dietary Fats



* Cholesterol Content (mg/Tbsp): Lard 12; Beef tallow 14; Butterfat 33. No cholesterol in any vegetable-based oil.

Source: POS Pilot Plant Corporation, Saskatoon, Saskatchewan, Canada June 1994

SATURATED FAT

MONOUNSATURATED FAT

POLYUNSATURATED FAT

Linoleic Acid

**Alpha-Linolenic Acid
(An Omega-3 Fatty Acid)**



**CANOLA
COUNCIL
OF CANADA**

UNDERSTANDING DIETARY FAT & CHOLESTEROL

THE FACTS ABOUT FATS

Although high intake of dietary fats may be a risk factor associated with the onset of coronary heart disease, certain fats are essential for good nutrition and health and are an important part of the daily diet.

WHAT FUNCTIONS DO FATS PERFORM?

Fats:

- provide essential fatty acids which the body cannot manufacture;
- act as insulators to maintain body temperature;
- improve the palatability of food and promote digestion;
- provide the greatest energy output per gram of any food source; and
- carry fat soluble vitamins A, D, E and K.

DIETARY FATS AND CHOLESTEROL

Fats are the most concentrated source of energy (calories) in the diet. Many sources of fat provide important nutrients.

In nature, fats are found in both animal and vegetable sources. Animal products are the only dietary source of cholesterol, so margarine and cooking oil **never** contain cholesterol.

Cholesterol is a soft, waxy substance present in all parts of your body. There are two sources: (1) cholesterol made by your liver; and (2) cholesterol that you eat in animal products such as eggs, meat, poultry, fish, dairy products, butter and lard.

It is now known that the cholesterol in food is not a major cause of high blood cholesterol for most individuals. Saturated fat, however, tends to raise blood cholesterol, so reducing saturated fat intake is extremely important.

All dietary fats consist of three basic types of fatty acid: (1) saturated; (2) polyunsaturated; and (3) monounsaturated.

Saturated fat raises blood cholesterol levels.

Polyunsaturated and monounsaturated fats are known for their ability to reduce blood cholesterol levels.

CANOLA OIL AND HEALTH

Canola oil is produced by crushing seed from Canada's own oilseed crop – *canola*. It has been stated as having the best fatty acid ratio of any edible oil. This means that canola has the best mix of saturated, polyunsaturated and monounsaturated fatty acids.

From a health perspective canola is nutritionally superior as:

- it contains the lowest level of saturated fat of any oil;
- it has a high level of a monounsaturated fatty acid, oleic acid, which has been shown to reduce blood cholesterol levels;
- it is a rich source of vitamin E;
- like all other vegetable oils, it is cholesterol-free; and
- it is a rich source of essential fatty acids.