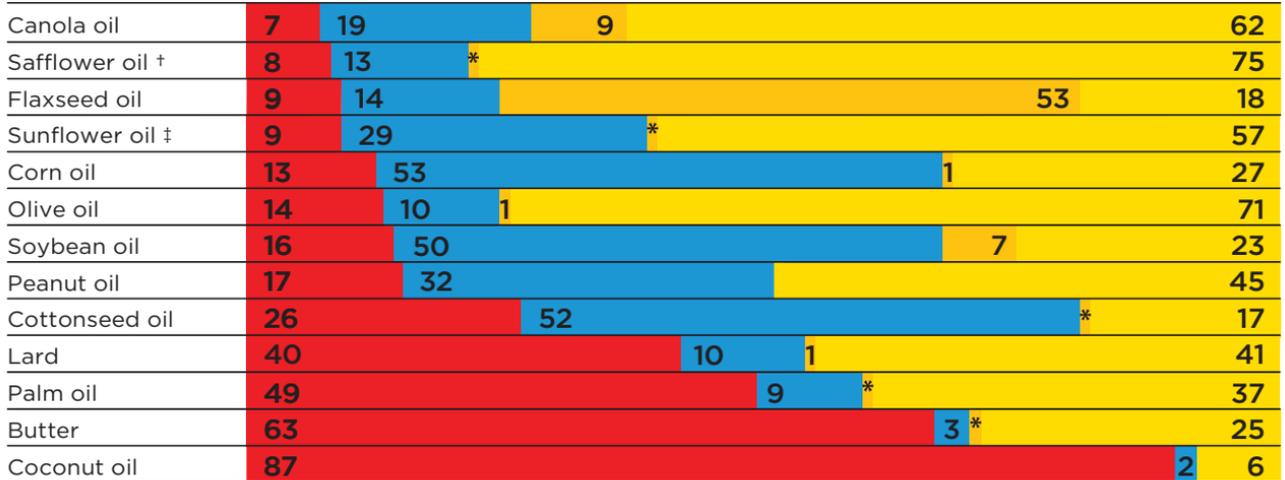


# Comparison of Dietary Fats

## Dietary Fat



SOURCES: CANADIAN NUTRIENT FILE AND USDA NATIONAL NUTRIENT DATABASE. ACCESSED MAY 2016

Saturated Fat

Polyunsaturated Fat

Monounsaturated Fat



linoleic acid  
(an omega-6  
essential fatty acid)

alpha-linolenic acid  
(an omega-3  
essential fatty acid)

oleic acid  
(an omega-9 fatty acid)

† High Oleic ‡ Mid Oleic \* Trace

Fatty acid content expressed as g/100g fat

# Canola Oil is Healthy

Dietary fat, in moderation, is needed to provide energy and help absorb fat-soluble vitamins. Canola oil provides more of the healthy fats than any other common cooking and salad oil.

## Health professionals recommend:

- Keep total fat intake between 20 to 35 percent of calories
- Limit sources of saturated fats and replace with sources of unsaturated fats\*
- Avoid trans fat

## Canola Oil Is:

- **Low in saturated fat:** 7% of total fatty acids - lower than any other common cooking or salad oil.
- **A source of omega-6 fat:** 19% of total fatty acids.
- **High in plant-based omega-3 fat:** 9% of total fatty acids, the most of any common culinary oil.
- **Rich in monounsaturated fat:** 62% of total fatty acids.
- **Free of trans fat**

**Did you know?** Dietary fats are made of smaller units called fatty acids. There are different types of fatty acids including saturated fats, unsaturated fats and trans fats. Unsaturated fats can be further divided into monounsaturated fats and polyunsaturated fats. Certain polyunsaturated fatty acids, such as omega-3 and omega-6 fats, are essential for good nutrition and must be consumed as part of a healthy diet.

## Canola oil may reduce the risk of heart disease

In fact, the U.S. Food and Drug Administration authorized a qualified health claim for canola oil based on its unsaturated fat content.

The claim states *"limited and not conclusive scientific evidence suggests that eating about 1.5 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."*

In Canada, canola oil qualifies for the following health claim: *"Replacing saturated fats with polyunsaturated and monounsaturated fats helps lower cholesterol. High cholesterol is a risk factor for heart disease."*



**For more information, please visit [canolainfo.org](http://canolainfo.org)**  
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\* The U.S. government recommends that people consume less than 10% of calories from saturated fats.

Health Canada recommends 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.