

CANOLA OIL. GOOD FOR EVERY BODY!™

# CanolaInfoHealth

Not all fats  
are created equal!



[canola.info.org](http://canola.info.org)



✓ monounsaturated  
fat is good

✓ polyunsaturated  
fat is good

✗ saturated  
fat is bad

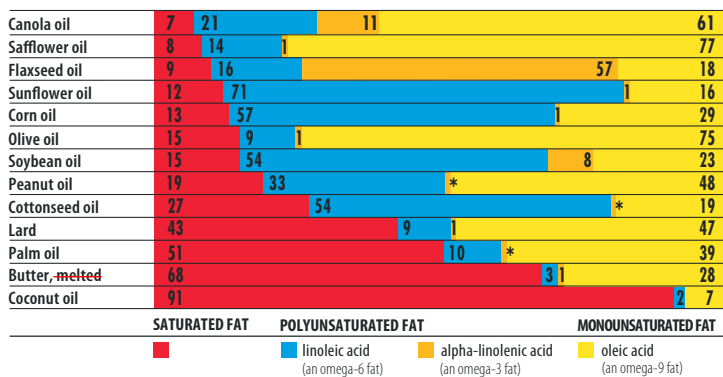
✗ *trans*  
fat is bad

# Not all fats are created equal!

## Some fats are good for you, some are not.

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.

## Comparison of Dietary Fats



SOURCE: POS-PILOT PLANT CORPORATION

\*Trace Fatty acid content normalized to 100%

# Every body needs good fats to stay healthy!

## Choose a healthy oil! In keeping with dietary recommendations\* canola oil is:

- **low in saturated fat.** (that's great!)  
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.** (that's good!)  
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.** (that's really good!)  
Omega-3 fat must also be consumed in your diet and helps protect against heart attacks and strokes.
- **high in monounsaturated fat.** (that's really good, too!)  
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.** (that's fantastic!)  
Trans fat raises bad LDL cholesterol and lowers good HDL cholesterol.

\*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".

Choose a  
Healthy Oil!



# Canola Oil. Good for Every Body!™

## 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".*

For more information about using  
canola oil, visit [canolainfo.org](http://canolainfo.org),  
email at [fyi@canolainfo.org](mailto:fyi@canolainfo.org)  
or call TOLL FREE at 1.866.479.0853.



CANOLA OIL. GOOD FOR EVERY BODY!™

# CanolaInfoCooks!

Healthy recipes  
from the  
CanolaInfo Virtual Kitchen.



[canolainfo.org](http://canolainfo.org)



# Canola Info Cooks

Canola oil is light and clear and has a mild flavor that lets the taste of what you are cooking shine. Canola oil makes baked goods that are moist and tender. It has a high smoke point, making it ideal for sautéing, pan frying and even for the occasional deep fried treat! Canola oil is versatile and helps you cook healthy. Check out these healthy recipes from some of our favorite health professionals.



## Chicken with Lime, Garlic and Cashews



*“Aside from the heart health benefits of canola oil, I love using it in a marinade because of its mild, almost neutral flavor. Canola oil allows the flavors of the lime, garlic, and soy sauce to come through in this recipe. The mild taste of canola oil makes it great in a salad dressing, too, when you want to taste the ingredients and not the oil.”*

*Mairlyn Smith from **Ultimate Foods for Ultimate Health***

1	(7 oz/200g) skinless, boneless	1
	chicken breast	
4	cloves garlic, minced	4
2 Tbsp	low- sodium soy sauce	25 mL
2 Tbsp	garlic chili sauce	25 mL
2 tsp	canola oil	10 mL
2 tsp	fresh lime juice	10 mL
2	large red peppers, thinly sliced	2
1 cup	snap or snow peas	250 mL
6	green onions, chopped into 4 inch (10 cm) pieces	6
¼ cup	unsalted cashews, chopped coarsely	50 mL

### Nutritional Analysis Per Serving

Calories	190
Total Fat	8g
Saturated Fat	1.5g
Cholesterol	30g
Carbohydrate	17g
Fiber	3g
Protein	15g
Sodium	300mg

1. Slice the chicken into ¼ inch (5 mm) slices. If this is hard to do, place the chicken in the freezer for 20 minutes to firm for easier slicing.
2. In a resealable plastic bag, mix together the garlic, soy sauce, chili sauce, 1 tsp (5 mL) of the canola oil and lime juice. Add the sliced chicken. Marinate in the refrigerator from 20 minutes to 12 hours.
3. When the chicken is marinated, heat a medium-sized frying pan over medium heat. Add 1 tsp (5 mL) canola oil and the red peppers. Sauté for 1 minute. Remove the peppers from the pan and set aside on a plate.
4. Add chicken with marinade to the frying pan. Stir fry the chicken for 4 minutes. Return the red peppers to the pan and continue cooking for 1 minute. Add the snow peas and green onion and cook for 2 minutes. Sprinkle with cashews and stir fry for 1 minute. Serve.

Yield: 4 servings. Serving size: ¾ cup (175 mL).



## Oven-Fried Potato Chips

“You can have your potato chips and eat light too! In this recipe, we use just enough oil to pull off the browning and crisping of the potato chips. By using canola oil, we are choosing an oil that can handle the high heat and contributes ‘smart fats’ (plant omega-3 and monounsaturated fats).”

*Elaine Magee, MPH, RD from **Fry Light, Fry Right***

- canola cooking spray
- 1 lb red potatoes, washed well 500 g  
(about 3 medium potatoes)
- 1½ Tbsp canola oil 20 mL
- ½ tsp sea salt (regular salt can also be used) 2 mL
- 2 tsp herb blend of choice 10 mL  
(Italian herbs, Herbes de Provence, or any salt-free herb blend)

1. Preheat the oven to 425°F (220°C). Line a jelly roll pan or cookie sheet with foil and coat the foil with canola cooking spray (this makes cleanup easier).
2. Using a large, sharp, non-serrated knife, cut the potatoes into very thin slices, about 1/8 inch (3 mm).
3. Place the potato slices and canola oil in a large resealable bag; seal the bag and toss to coat well.
4. Open the bag and spread the potato slices evenly on the prepared pan. Sprinkle with sea salt and herbs, if desired.
5. Bake for about 15 minutes, then flip with a spatula and bake for another 10-15 minutes or until golden brown.

Yield: 6 servings. Serving size: 1/3 cup (75 mL).

### Nutritional Analysis Per Serving

Calories	100
Total Fat	3.5g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	16g
Fiber	2g
Protein	2g
Sodium	240mg



## Chewy Cinnamon Oat Cookies

"Canola oil just wakes up all the flavor in food. It allows me to bake healthier without compromising taste or texture."

Nancy Hughes *The Four Ingredient Diabetes Cookbook*

1/3 cup	granulated sugar	75 mL
1/4 cup	packed brown sugar	50 mL
3 Tbsp	canola oil	45 mL
1	egg	1
1 tsp	vanilla	5 mL
1 1/4 cups	rolled oats	300 mL
1/3 cup	all-purpose flour	75 mL
1/2 tsp	baking soda	2 mL
1 1/2 tsp	ground cinnamon	7 mL
1/8 tsp	salt	.5 mL
1 cup	golden raisin and dried cherry blend*	250 mL
1/3 cup	sweetened flaked coconut	75 mL

### Nutritional Analysis Per Serving

Calories	45
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	5mg
Carbohydrate	7g
Fiber	0g
Protein	1g
Sodium	25mg

1. Preheat oven 375°F (190°C). In a medium mixing bowl, combine sugar and canola oil. Using an electric mixer on medium high speed, beat until well blended, about 30 seconds. (The mixture will have a grainy texture at this stage.) Add the egg and vanilla; beat until well blended. Add the oats, flour, baking soda, cinnamon and salt and beat until blended. Add the raisin blend and coconut and beat until blended.
2. Line two cookie sheets with parchment paper. Using a teaspoon measure, spoon dough onto cookie sheet 2 inches apart. Bake 5 minutes or until puffy and slightly golden on edges. Do NOT bake longer; they will not look done when removed from oven. Place cookie sheet on wire rack and let stand 3 minutes. Carefully remove paper and cookies from cookie sheet and set aside to cool completely on parchment paper. Repeat with remaining cookie dough.

\*Golden raisin blend: 2/3 cup (150 mL) golden raisins and 1/3 cup (75 mL) dried cherries or cranberries.

Yield: 48 cookies. Serving size: 1 cookie.

## Orange-Glazed Salmon over Sautéed Spinach



"Pretty to look at, delicious to eat, salmon - infused with seasonal-fresh orange and heart-healthy canola oil served over slightly wilted spinach - is easy to make any time of year."

*Roberta L. Duyff, MS, RD, FADA, CFCS Food and Nutrition Consultant/Author  
American Dietetic Association Complete Food and Nutrition Guide  
and 365 Days of Healthy Eating.*

1	orange, washed, grated* and juiced	1
2	Tbsp honey	25 mL
1	Tbsp brown sugar	15 mL
1	Tbsp canola oil, divided	15 mL
¼	tsp red pepper flakes	1 mL
1	(12oz/350g) salmon fillet, cut in 4 pieces	1
8	oz fresh spinach, trimmed	250 g
1	Tbsp lemon juice	15 mL
⅛	tsp freshly-ground black pepper	.5 mL

### Nutritional Analysis Per Serving

Calories	300
Total Fat	14g
Saturated Fat	2.5g
Cholesterol	65mg
Carbohydrate	19g
Fiber	2g
Protein	26g
Sodium	115mg

1. Combine juice from orange, honey, brown sugar, 2 tsp (10 mL) canola oil and red pepper flakes.
2. Arrange salmon in a dish just big enough to hold the fillet; pour orange juice mixture over salmon. Marinate in the refrigerator for 30 minutes, turning salmon once to distribute flavors. Discard marinade.
3. Grill salmon skin side up, over medium heat for 5 to 7 minutes; turn and cook for another 5 to 7 minutes, until fish flakes easily.
4. Just before salmon is done, sauté spinach in 1 tsp (5 mL) canola oil in a nonstick skillet just until wilted. Season with lemon juice and pepper.
5. Spoon spinach onto heated plates. Top with salmon. Sprinkle with grated orange peel.

\*reserve grated orange rind for garnish

Yield: 4 servings. Serving size: ¾ cup (175 mL).



## Super Sweet Potato Salad

"I use canola oil in this recipe because its mild flavor doesn't overpower the delicate sweetness of the dressing. Plus, it adds a boost of good nutrition and omega-3 fat!"

Janice Newell Bissex, MS, RD *The Moms' Guide to Meal Makeovers*  
(MealMakeoverMoms.com)

3	large sweet potatoes, peeled and quartered	3
1	large Granny Smith apple, cut into cubes	1
½ cup	dried cranberries	125 mL
¼ cup	pecans, toasted and coarsely chopped	50 mL
3 Tbsp	apple cider vinegar or red wine vinegar	45 mL
2 Tbsp	orange juice	25 mL
2 Tbsp	maple syrup	25 mL
1 tsp	Dijon mustard	5 mL
¾ tsp	salt	4 mL
½ tsp	cinnamon	2 mL
2 Tbsp	canola oil	25 mL

### Nutritional Analysis Per Serving

Calories	140
Total Fat	5g
Saturated Fat	0g
Cholesterol	0mg
Carbohydrate	26g
Fiber	3g
Protein	2g
Sodium	210mg

1. Place sweet potatoes in large saucepan. Add enough water to cover. Cover saucepan and bring water to a boil. Reduce heat and cook, at a low boil until tender, about 10 minutes. Drain, transfer to large bowl and allow to cool, 5 to 10 minutes.
2. While sweet potatoes are cooling, make dressing by whisking together vinegar, orange juice, maple syrup, mustard, salt, and cinnamon in a bowl. Slowly whisk in canola oil until well blended. Set aside.
3. To assemble salad, add apple, cranberries, and pecans to sweet potatoes. Drizzle dressing over sweet potato mixture and toss gently. Serve warm or chilled.

Yield: 10 servings. Serving size: ½ cup (125 mL).