

POLYUNSATURATED FAT

Sunflower
Safflower
Corn
Soybean

MONO- & 30% POLY-UNSATURATED FAT
Peanut (groundnut)
Canola

IDEAL FOR:

ALL-PURPOSE OILS

Salad dressings and cooking, multi-purpose frying.

Possibility of repeated use (Depends on the fried product, frying time and frying temperature).

QUALITIES

Clear, light coloured with a bland taste.

Temperature stability varies.

MONO- & 40% POLY-UNSATURATED FAT

Sesame

MONOUNSATURATED FAT

Hazelnut

POLYUNSATURATED FAT

Walnut

IDEAL FOR:

Salad dressings, drizzling. Refined oils can be use for stir frying

QUALITIES

Distinctive taste, typically more expensive.

Refined oil are heat stable.

POLYUNSATURATED FAT

Flaxseed

IDEAL FOR:

Salad dressings and drizzling.

QUALITIES

Heat sensitive.

SATURATED FAT

Palm

IDEAL FOR:

Commercial frying and baking.

QUALITIES

Reddish colour, semi-solid, long shelf-life.

SATURATED FAT

Coconut

IDEAL FOR:

Commercial frying.

QUALITIES

Semi-solid, long shelf-life.

WHAT OIL TO CHOOSE

MONOUNSATURATED FAT

Regular and light refined olive

IDEAL FOR:

Cooking at high temperatures.

QUALITIES

Clear, light coloured, high heat stability.

MONOUNSATURATED FAT

Virgin olive

IDEAL FOR:

Dressings, sautéing & simmering.

QUALITY

Distinctive taste.

MONOUNSATURATED FAT

Cold pressed oils:
Extra virgin olive oil
Extra virgin canola

IDEAL FOR:

Salad dressings, sautéing, and drizzling.

QUALITIES

Cloudy with a green/amber hue, distinctive taste, typically more expensive.

MONOUNSATURATED FAT

High oleic (omega-9) versions of Rapeseed, Sunflower, Safflower

IDEAL FOR:

Multi-purpose frying. Cooking at high temperatures. Repeated frying (frequent with deep frying). Making mayonnaise and salad dressings.

QUALITY

High heat stability.

REAP THE BENEFITS!

Use a variety of oils. Consume unsaturated oils, instead of saturated fats, as that may reduce the risk of developing cardiovascular disease. Experiment with cold-pressed and unusual oils for optimum taste in dressings and sautéing, and choose heat-stable oils for deep frying and refined oils for baking. To prevent rancidity and off-flavours, store oils in a dark, cool, dry place and use within the defined shelf life of the oil. Remember: all oils are calorie-dense, and should be used sparingly. But don't forget to enjoy your culinary oils!