

The Medical Profession and Canola Oil

QUICK CANOLA FACTS: The word "Can-o-l-a" is derived from "Canada-Oil-low acid" following selective breeding for lines of Brassica napus and Brassica rapa that contained less than 2% erucic acid and less than 30 micromoles of glucosinolates.

Canola seeds contain 40-43% oil with the remainder of the seed being processed into meal, a high protein livestock feed. The oil can also be used as a feedstock for Biodiesel.

Canola oil has the lowest saturated fat and highest unsaturated fat of all vegetable oil, it's cholesterol-free and is a good source of the antioxidant vitamin E.

Canola oil contains linoleic acid (LA omega-6) and alpha-linolenic acid (ALA omega-3) essential fatty acids at 2:1 making it as one of the healthiest cooking oils. It has been shown through studies that the ALA found in canola oil has a positive effect on cholesterol, blood pressure and inflammation and comes with FDA approved health claims stating its effectiveness in reducing heart disease risk.

For more information, visit us at www.Rubiscoseeds.com



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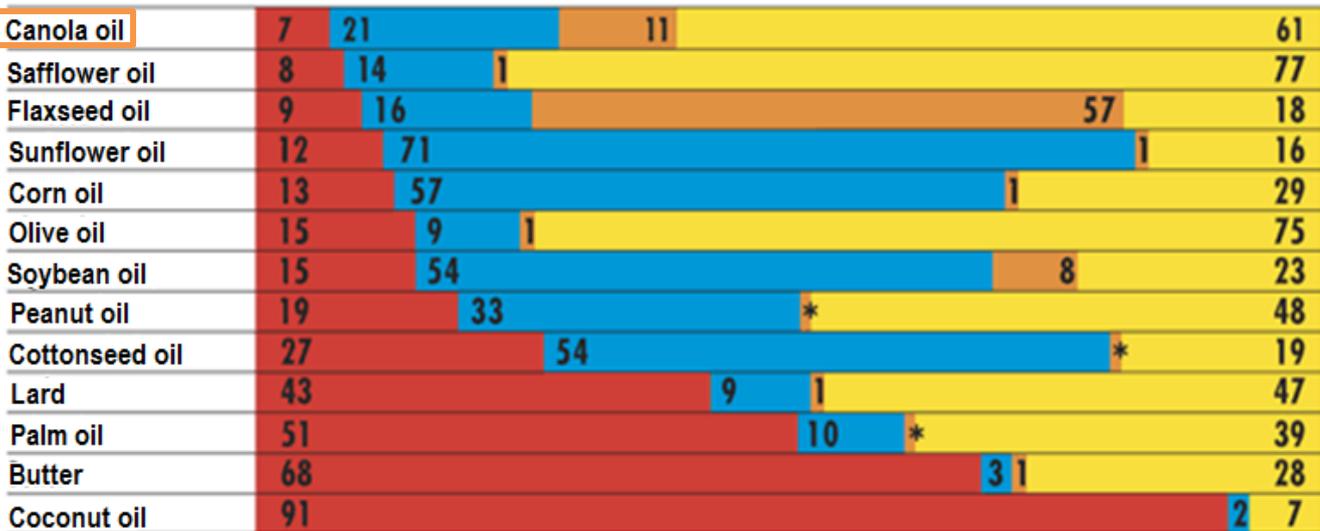
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Comparison of Dietary Fats

DIETARY FAT



Canola Oil

SATURATED FAT



POLYUNSATURATED FAT

linoleic acid
(an omega-6 fatty acid)



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



MONOUNSATURATED FAT

oleic acid
(an omega-9 fatty acid)



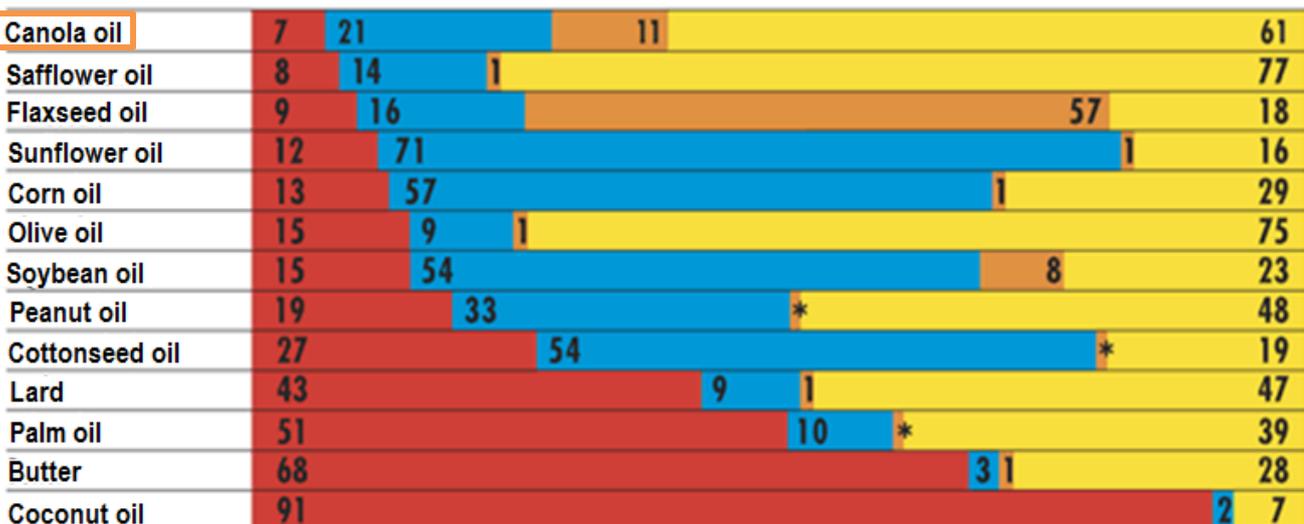
Source: Pos Pilot Plant Corporation

*Trace

Fatty acid content normalized to 100%

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