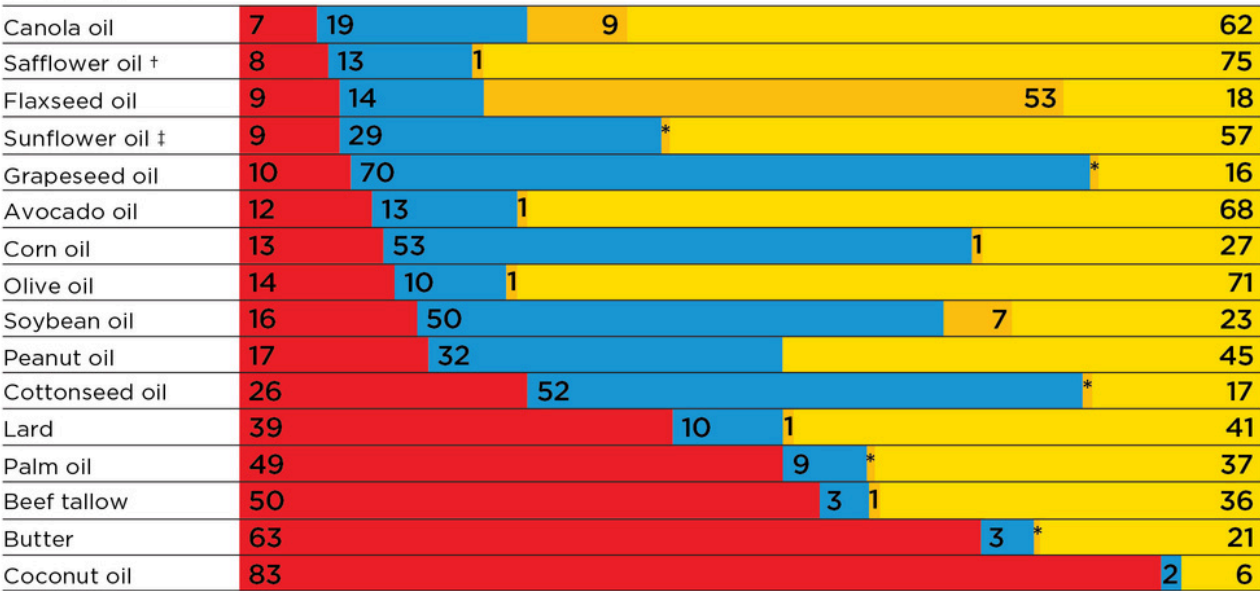


Comparison of dietary fats



SOURCE: FOODDATA CENTRAL (SRI LEGACY) - ACCESSED JULY 2025

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 a healthy fat

Whether you’re drizzling, baking, sauteing or roasting, **here’s why canola oil is a great choice for your kitchen:**

Canola is a heart-healthy oil that is low in saturated and fat, and a plant-based source of omega-3 polyunsaturated fat. Canola oil’s neutral taste, light texture and high smoke point make it one of the most versatile oils in your kitchen.

Canola oil is:

- Low in saturated fat
- High in plant-based omega-3 polyunsaturated fat
- A source of omega-3 polyunsaturated fat
- Rich in monounsaturated fat: 62% of total fatty acids
- Trans fat free

When it comes to choosing fat, Health Canada recommends:

“Choosing foods that contain mostly healthy fats instead of foods that contain mostly saturated fat and trans fat can help lower your risk of heart disease. Heart disease is one of the leading causes of death in Canada.”