

## Reasons to Love Canadian Canola Oil

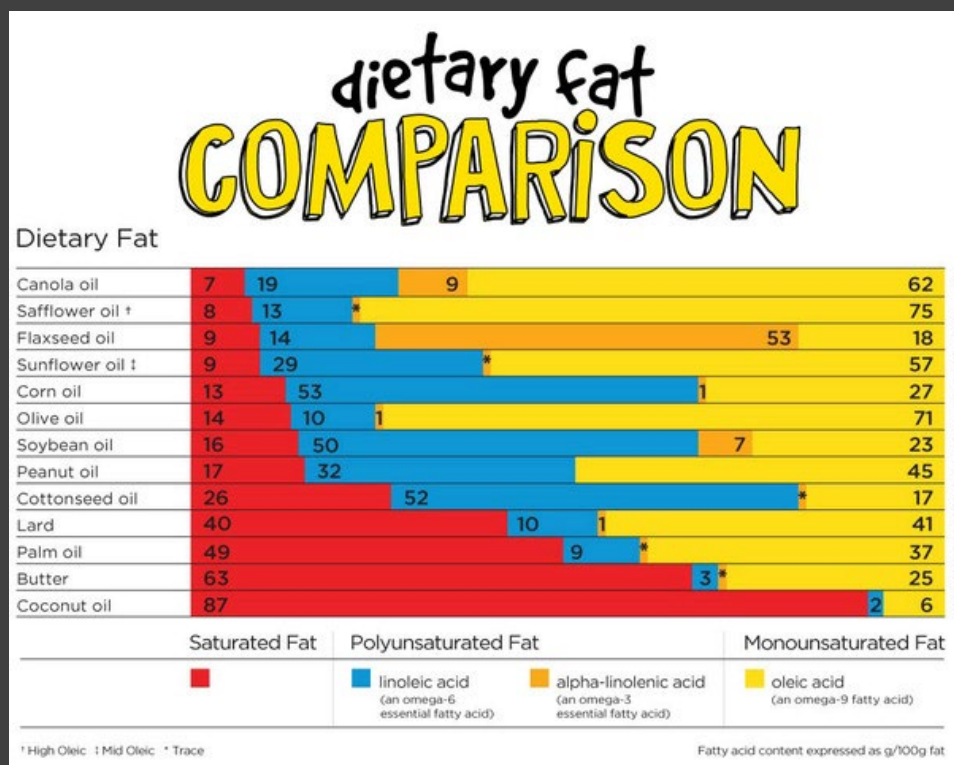
There are so many reasons to love using Canada's cooking oil, canola, and make it your choice oil in your kitchen. Here are our top 5 reasons to love canola oil:

### 1. Proudly Canadian

No matter the brand, no matter what size bottle, at any grocery store, when you choose canola oil, you're choosing Canadian canola and supporting Canadian farmers.

### 2. Better Value for Health

Canola oil is a healthy choice. It is low in saturated fat and has the most plant-based source of omega-3 fats among all common cooking oils. As far as value goes, canola oil is very affordable in comparison to other cooking oil - see next point.



### 3. Affordability

Just pennies per serving, canola oil is a budget-friendly pantry staple for Canadian families coast to coast.

### 4. Unmatched Versatility

You can use canola oil for baking, frying, sautéing, roasting, grilling or for making salad dressings. Canola's neutral flavour allows other delicious Canadian ingredients to shine. You can use canola oil as a seamless substitute for other liquid oils or when a solid fat calls to be melted in your recipes.

## 5. It can take the Heat

Canola's high heat tolerance of up to 242°C (468°F) means it can be used safely for high heat baking, roasting and frying.

Find fun recipes featuring canola oil here:  
<https://canolaeatwell.com/recipes/>



# BAKING SUBSTITUTION

**If a recipe calls for this much solid fat...try making it with this much canola oil.**

Solid Fat			Canola Oil	
1 cup	(250 mL)	>	$\frac{3}{4}$ cup	(175 mL)
$\frac{3}{4}$ cup	(175 mL)	>	$\frac{2}{3}$ cup	(150 mL)
$\frac{1}{2}$ cup	(125 mL)	>	$\frac{1}{3}$ cup	(75 mL)
$\frac{1}{4}$ cup	(50 mL)	>	3 Tbsp	(45 mL)
1 Tbsp	(15 mL)	>	2 tsp	(10 mL)
1 tsp	(5 mL)	>	$\frac{3}{4}$ tsp	(4 mL)

*Not only will you eliminate trans and reduce saturated fats – you will also reduce the total amount of fat in the recipe by about 20 to 25%!*

*This conversion works well for cake, loaf and muffin recipes.*