

# Why Choose High Oleic?

High oleic canola oil has the highest heat stability due to its unique fatty acid profile.

- Non-hydrogenated trans fat free.
- Provides a light, clean taste and resists undesirable flavour transfers.
- Higher smoke point than conventional oils.
- Lowest saturated fat level of any culinary oil.
- High heart-healthy mono unsaturated fat level.
- Less frequent oil changes – reducing employee labour, overall waste and oil removal costs.
- Less polymerization and build-up resulting in cleaner fryers.

With the lowest bad fat (saturated) and highest good fat (monounsaturated) compared to other common vegetable oils, high oleic canola oil is naturally stable providing longer fry life to restaurants and food processors.

