



## Edible and Non-Edible uses of Canola

**Canola Oil:** comes from canola seed. It has the lowest amount of saturated fat of any leading oil in the supermarket. It also contains a good amount of heart healthy monounsaturated fat and omega-3 fatty acid making it one of the healthiest oils to consume. Canola oil's health qualities make it the perfect fat replacer in any recipe. Canola oil also boasts a high smoke point of 242°C (468°F) making it an excellent choice for high-heat cooking or deep-frying. Its high smoke point and mild flavour make it the preferred oil for many restaurants and consumers. Canola oil is an ingredient in many other foods we buy at the supermarket, including:

### ❖ Edible uses

- Margarine
- Salad dressings
- Coffee whiteners
- Cake mixes
- Fried snack foods
- Shortening
- Cookies
- Cooking sprays
- Creamers
- Crackers
- Breads
- Mayonnaise

Canola Oil has many non-edible uses as well!

### ❖ Non-Edible

- Antistatic for paper and plastic wrap
- Industrial lubricants
- Dust suppressants
- Biodiesel
- Printing inks
- Cosmetics: lip gloss, lipsticks, creams, shampoo, soaps, massage oils
- Sunscreen and suntan oil
- Toothpaste
- Pesticides: fungicides, herbicides and insecticides
- Oiled fabrics
- Plasticizers
- Bio-plastics
- Softening agent for applying plastic casings on window panes
- Mold releaser in metal fabrication

**Canola Meal:** is what is left of the canola seed once the oil has been extracted. It's very high in protein making it a fantastic food supplement for many animals. You can find canola meal in:

- Livestock feed
- Cat, dog and other pet food
- Poultry feed
- Fish feed
- Fertilizer (soil nutrient that is particularly good for potatoes and golf course greens)

