

ALL ABOUT OILS

Food Crush



Oils can provide a number of nutrients while contributing a lot of flavour to a meal. But with so many options available on the supermarket shelves, it can be difficult to know which one to choose.

Monounsaturated fatty acids (MUFA)

- Liquid at room temperature
- Decreases LDL cholesterol
- Increases HDL cholesterol
- Found in avocados and nuts
- Examples: olive oil, canola oil, avocado oil

Polyunsaturated fatty acids (PUFA)

- Liquid at room temperature
- Decrease LDL and HDL cholesterol
- Include essential omega-3 and omega-6 fatty acids
- Omega-3 sources: fatty fish (salmon, mackerel, trout, sardines), fish oils
- Omega-6 sources: nuts and seeds, safflower oil, sunflower oil, corn oil

Saturated fatty acids (SFA)

- Solid at room temperature
- Increase LDL cholesterol
- Found primarily in animal products
- Contain medium chain triglycerides (MCTs)
- Examples: butter, lard, coconut oil, palm oil

Trans fatty acids (TFA)

- Solid at room temperature
- Increase LDL cholesterol
- Decrease HDL cholesterol
- Found in commercially baked/processed and fried foods

Quick tips:

Opt for fatty fish (salmon, mackerel, trout) at least twice per week

Switch up some of the fat in baked goods with mashed banana or vegetable puree

Use beans instead of sour cream or cream cheese in dips

Season vegetables and meats with lemon juice, herbs and spices instead of butter