CANOLA

It's All in the Seed

The small, yellow flower of the canola plant produces tiny round seeds in small pods. These seeds are crushed to produce oil and the remainder is processed into meal which can be used as a high-protein livestock feed.



A Healthy Oil

Our body needs fat to provide energy and help us absorb fat-soluble vitamins. Certain fats such as omega-3 and omega-6 fats are essential for good nutrition and must be consumed as part of a healthy diet. It is important to choose fats wisely because some fats are healthier for us than others.

Canola oil is high in omega-3 fats and low in saturated fats making it a nutritious choice for oil!

Canola was developed in the Canadian prairies (SK & MB). Its name is an acronym for Canada Oil low Acid.



Bio-fuel

Canola is used for more than just food products. Bio-diesel is a diesel fuel or fuel additive made from a renewable resource such as plants. The oil from the canola seed can be used to make bio-diesel.



What's Canola Used For?

- Margarine
- Plane de-icer
- Cooking oil
- Plastic wrap

MARGARINE

- Mayo
- Cake mix
- Sunscreen
- Printer ink

