

Canola Oil (Fats and Oils)

Interesting facts: Canola is a genetically engineered plant developed in Canada from the rapeseed plant, which is part of the mustard family of plants. It is not a food and by nature, rapeseed oil is toxic to humans and other animals and was never meant to be used for human consumption. The correct name for canola oil is “Lear” oil (Low Erucic Acid Rape) or Rape Oil and is used mainly for lubricant and fuel sap, as a base for synthetic rubber, and is used as a substance for the glossy effect in magazines or other paper products. The word canola comes from “Canada Oil” and is not a naturally grown plant.

How to select: Chemically contaminated. Not recommended unless certified as organic. Restrict or avoid use of canola oil.

How to use: If you must use canola oil, use in medium temperature cooking, sauces, salad dressings.