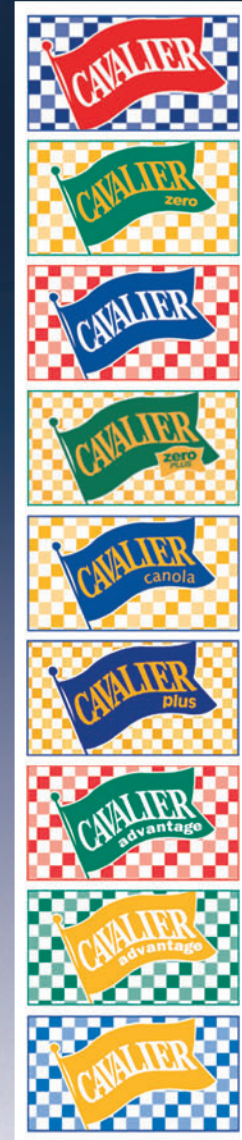




# COOKING OILS & SHORTENINGS



## SEPARATING THE OILS!

### Trans fats, or Trans fatty acids...

are an ingredient in some foods that has been shown to increase levels of low-density lipoprotein (LDL, known as "bad cholesterol"). This blocks arteries and can lead to heart disease. Trans fats are unsaturated fats which are uncommon in nature but can be created artificially.

### Canola Oil...

was originally a trademark, but is now a generic term for edible varieties of rapeseed oil.

### Corn Oil...

has a very high smoke point, making it a valuable frying oil and generally more expensive than other vegetable oils.

### Extra Virgin & Virgin Olive Oils...

are made from the mechanical pressing of whole olives and graded for flavor, aroma, color and linoleic acid levels. A chemical refining of the pressed olive pulp produces Pomace Olive Oil.

### Peanut Oil...

has one of the highest smoke points of all oils and along with its resistance to absorb flavors makes it the ideal frying oil.

### Soybean Oil...

is the most affordable of all vegetable cooking oils and accounts for 80% of all oils used.