

FAQ

Frequently
Asked
Questions

1 WHAT IS THE DIFFERENCE BETWEEN GOOD FATS AND BAD FATS?

On any nutrition label, four different kinds of fat may be listed: trans, saturated, polyunsaturated and monounsaturated.

Put simply, some fats are considered 'good' because they can have positive health benefits, and some fats are considered 'bad' because they may negatively impact your health.

"Bad Fats" include trans and saturated fats. They:

- may raise 'bad' cholesterol (LDL)
- may lower 'good' cholesterol (HDL)
- may increase the risk factors for coronary heart disease and stroke

The American Heart Association recommends less than 1% of your daily calories be devoted to trans fats, and less than 7% be devoted to saturated fats.

"Good Fats" are monounsaturated and polyunsaturated fats. These fats:

- may improve cholesterol levels
- may help reduce risk factors of heart disease and stroke
- may help reduce risk of diabetes

The American Heart Association recommends 15-25% of daily calories should be devoted to monounsaturated and polyunsaturated fats.

2 IS SATURATED FAT CONSIDERED A BAD FAT?

A few years ago, a top clinical nutrition journal¹ published a research study which called into question whether saturated fats are actually bad for you. Since then, many well-respected scientists have disagreed, fueling the fight over saturated fats.

The bottom line:

For more than 30 years, science has shown that a diet rich in good fats, where unsaturated fats REPLACE saturated and trans fats, has been shown to improve cholesterol levels and reduce heart disease risk. The American Heart Association maintains its

recommendation to keep saturated fat less than 7% by replacing them with monounsaturated and polyunsaturated fats. While the industry's understanding of fats is evolving and new research is continuing to emerge, this position is currently widely accepted.



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IS COCONUT OIL HEALTHY?

Coconut oil is popular these days. Some claim it can help control blood sugar, assist in weight loss and even whiten teeth.

But when it comes to research, the health benefits of coconut oil are still emerging.

Coconut oil is solid at room temperature, similar to butter. It contains 86% saturated fat, which is commonly understood to negatively impact heart health by raising cholesterol. Some critics argue that because coconut oil has more than 50% medium chain triglycerides, known as lauric acid, the oil is used more quickly by the body for energy

and doesn't travel or build up in the blood stream.

Until researchers can complete further studies to measure the impact of coconut oil on long-term health, a safer choice is to incorporate more unsaturated fats, such as canola oil and olive oil, into the diet.

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WHERE DOES CANOLA OIL COME FROM AND HOW DOES IT COMPARE TO SOYBEAN OIL?

Canola oil comes from the crushed seeds of the canola plant, which is primarily grown in North America. The plant contains pods with seeds, which are crushed to extract the oil. The oil is refined and bottled as canola oil.

While canola oil is higher in monounsaturated fats, which are more stable, soybean oil provides polyunsaturated fats. Canola oil also contains less saturated fat than soybean oil.

Omega-9 Canola Oil (high oleic) was created by Dow AgroSciences for

food manufacturers and food service professionals looking for a very stable solution with a healthful nutrition profile.

For more information, visit www.Omega-9Oils.com



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WHAT IS GOOD FATS 101?



Good Fats 101 is a program that was created to serve as a resource for professionals working in nutrition and wellness, food service and food manufacturing. Its goal is to support efforts to educate others about good

fats and their positive impact on health. Good Fats 101 features a wide array of evidence-based information, interactive tools and consumer-friendly materials.

Visit www.GoodFats101.com to see more.

1 Siri-Tarino, P., Sun, Q., Hu, F., & Krauss, R. Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease. *The American Journal of Clinical Nutrition*, 91, 535-546.