

Rapeseed oil (canola oil). It is obtained from the seeds of the canola plant. Its taste is neutral, making it a versatile ingredient. Additionally, this oil has a medium to high smoke point compared to others. This means that you can use it for frying or baking in the oven.

Canola oil contains mostly healthy unsaturated fats. This oil is also considered a good source of omega-3 and omega-6 fatty acids, which reduce the level of “bad” cholesterol. Although canola oil does contain saturated fat, its level is the lowest (7%) among conventional cooking oils.

Vegetable oil refers to a mixture of many oils: canola, corn, cottonseed, olive, safflower, soybean, sesame, sunflower or any other vegetable oil, or a combination thereof. Vegetable oil is highly processed and its nutritional value may vary. It’s mostly made up of healthy polyunsaturated fats, but it also has more saturated fat than canola oil.

Overall, canola oil has a slight advantage over vegetable oil. However, remember that both types of oils are highly processed and high in calories. A healthier choice would be extra virgin olive oil.

News materials cannot be equated with a doctor’s prescription. Before making a decision, consult a specialist.