

*FOR IMMEDIATE RELEASE*

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## Canola Oil Can Help Americans Meet Dietary Fat Recommendations

WASHINGTON, DC – Substitution of canola oil for fats commonly used in the U.S. would increase compliance with dietary recommendations, noted Guy H. Johnson, PhD, president, Johnson Nutrition Solutions LLC, at the American Dietetic Association’s Food & Nutrition Conference & Expo on Sept. 17. This was determined by a modeling study that examined the effect of substituting canola oil for selected vegetable oils and canola oil-based margarine for other margarines and butter in the diet of adult Americans.

Food recall data from the 1999-2002 National Health and Nutrition Examination Survey (NHANES) were used to calculate the effect of substituting canola oil for corn, cottonseed, safflower, soybean and vegetable oils described as “not further specified” and of canola oil-based margarine for other margarines and butter in the diet at 25%, 50% and 100% replacement levels. NHANES data from nearly 9,000 adults over 20 years of age were factored into the study.

Results showed that saturated fatty acid (SFA) intake would decrease by 4.7% and 9.4% with 50% and 100% substitution, respectively. Complete substitution would increase monounsaturated fatty acid (MUFA) and  $\alpha$ -linolenic acid (ALA, an omega-3) intakes by 27.6% and 73.0%, respectively, and would decrease *n*-6 polyunsaturated fatty acid (PUFA) and linoleic acid (LA, an omega-6) intakes by 32.4% and 44.9%, respectively. The ratio of *n*-6 to *n*-3 fatty acids would decrease from 9.8:1 to 3.1:1 with 100% replacement. Intakes of energy, total fat and cholesterol would not change.

The bottom line: substitution of canola oil and canola oil-based margarine for most other vegetable oils and spreads would increase compliance with dietary recommendations (i.e., *Dietary Guidelines for Americans 2005* and Institute of Medicine) for SFAs, MUFAs and ALA, but not LA, among U.S. adults. A mixture of vegetable oils containing ALA and LA can be used to achieve compliance with the adequate intake for these essential fatty acids.

“The results of this study show that fatty acid intake can be influenced substantially through a simple recommendation to change the type of vegetable oil used at the table and in cooking,” Johnson concluded. “The lack of consumer barriers to such a change with respect to cost, taste, convenience and availability makes it attractive from a practical perspective.”

*Canola Oil: A Clear Opportunity for the Nation’s Health*

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