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USDA-FNS and HHS,



The [U.S. Canola Association](#) (USCA) highlights the health benefits of canola oil in the diet for people of all ages and health statuses. Canola oil has Generally Recognized as Safe (GRAS) status for use in infant formula and two qualified health claims from the U.S. Food and Drug Administration (FDA).

Canola oil is predominantly [composed](#) of unsaturated fatty acids (UFAs), including 62 percent oleic acid, a monounsaturated fatty acid (MUFA), and 9 and 19 percent of polyunsaturated fatty acids (PUFAs) alpha-linolenic acid (ALA) and linoleic acid (LA), respectively. It is also a good source of vitamins E and K as well as plant sterols.

“What is the relationship between food sources of saturated fat consumed and risk of cardiovascular disease?” is the primary question that the USCA can address. We can also touch upon dietary patterns and strategies for body composition as they pertain to fatty acid consumption.

DIETARY PATTERNS ACROSS LIFE STAGES

Canola oil well fits into the current Dietary Guidelines for Americans and recommended eating patterns (Healthy U.S.-Style/DASH, Healthy Mediterranean-Style and Healthy Vegetarian Dietary Patterns). It is also a key component of other healthy dietary patterns, notably the [Nordic Diet](#). A scientific literature review published in *Nutrition Reviews* in June 2013 summarized scientific evidence of the health benefits of canola oil:

- **Canola oil substantially reduces total and LDL cholesterol levels and improves insulin sensitivity when used in place of SFAs** as well as increases levels of tocopherol (vitamin E) compared with other dietary fat sources.
- **Canola oil can help consumers meet expert dietary fat recommendations** (less than 10 percent SFAs from total daily calories and minimal *trans* fat) and can be included in diets designed to reduce blood cholesterol and/or heart disease risk.
- **Compared with high-SFA or typical Western diets, canola oil-based diets can reduce total and LDL cholesterol** in healthy people and those with high cholesterol, reducing heart disease risk.
- **With 62 percent MUFA, canola oil may prevent the oxidation of LDL cholesterol.** Oxidized LDL may contribute to inflammation in the arteries and heart disease risk.

- **Canola oil may promote immune and cardiovascular health** through its anti-blood clotting and anti-oxidative effects.
- **Canola oil may help reduce inflammation in the body and possibly protect against breast and colon cancers.** Researchers are interested in studying this further.

[Additional studies](#) with canola oil since 2013 support these benefits, too. For example, canola oil can help control blood glucose in people with type 2 diabetes when included as part of a low-glycemic index (GI) diet, according to research published online June 14, 2014 in [Diabetes Care](#). The study of Canadian adults with type 2 diabetes showed that adding canola oil to the diet helps control blood glucose and risk of cardiovascular disease.

SPECIFIC DIETARY PATTERN COMPONENTS

Saturated Fat: What is the relationship between food sources of saturated fat consumed and risk of cardiovascular disease?

On Oct. 6, 2006, the [FDA authorized](#) a qualified health claim for canola oil on its ability to reduce the risk of heart disease when used in place of SFAs based on clinical studies. In short, it states that consuming about 1.5 tablespoons of canola oil daily in place of SFAs may reduce the risk of heart disease. On Nov. 19, 2018, the FDA authorized a similar qualified health claim for edible oils high in the MUFA oleic acid (containing at least 70 percent per serving), including [high-oleic canola oil](#).

STRATEGIES FOR INDIVIDUALS AND FAMILIES RELATED TO DIET QUALITY & WEIGHT MANAGEMENT

What is the relationship between specific food-based strategies during adulthood and body composition, risk of overweight and obesity, and weight loss and maintenance?

Canola and high-oleic canola oils were shown to lower abdominal fat by 1.6 percent when used in place of three other types of oils in a heart-healthy diet for weight maintenance, according to research from the Canola Oil Multicentre Intervention Trial (COMIT). Published in the [November 2016 Obesity journal](#), the study of American and Canadian adults at risk for metabolic syndrome showed that consuming canola oil and its high-oleic counterpart may reduce their risk of this condition.

In summary, canola oil fits well into dietary patterns across life stages, helps reduce the risk of heart disease when used in place of SFAs and can be used in strategies to improve body composition and weight. Canola oil provides an easy, effective and affordable way for Americans to consume healthy fats.

Respectfully submitted,

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