

# CANOLA OIL: FOUR FACTS YOU SHOULD KNOW

Canola oil is a seed oil rich in heart-healthy unsaturated fats, including essential omega-6 and omega-3 fatty acids. Backed by major health organizations and scientific reviews, canola oil and other seed oils have been shown to reduce the risk of heart disease and type 2 diabetes, with no credible evidence linking them to inflammation or chronic disease.

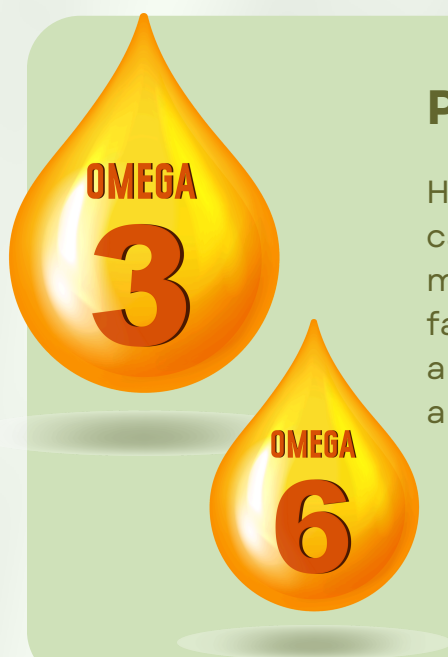


## RICH IN UNSATURATED FATS

A recent review in the British Journal of Nutrition finds that consuming plant-based oils rich in unsaturated fats—such as canola oil—can lower the risk of cardiovascular disease and type 2 diabetes when replacing saturated fats like butter or coconut oil. Importantly, the study also dispels concerns about inflammation, showing that a higher intake of omega-6 polyunsaturated fats, such as linoleic acid, does not increase markers of inflammation or oxidative stress.

## SUPPORTS HEART HEALTH

The American Heart Association affirms that canola oil is a beneficial source of essential omega-6 polyunsaturated fats, which help reduce bad cholesterol and lower the risk of heart disease and stroke. Despite online claims, scientific evidence does not support fears that these oils cause inflammation or other health issues when consumed as part of a balanced diet.



## PROVIDES OMEGA-3S AND 6S

Harvard Health clarifies that seed oils like canola are heart-healthy when used in moderation, as they are rich in unsaturated fats and essential omega-3s. Concerns about inflammation and chemical residues are largely unfounded.

## STUDIED. SAFE. SMART.

A recent Washington Post article examines the debate over seed oils, such as canola oil, concluding that these oils are more likely to offer modest health benefits than cause harm. Extensive scientific studies show no significant link between seed oil consumption and inflammation or chronic diseases, suggesting that concerns are primarily driven by outdated research and ideological beliefs rather than current evidence.



### SOURCES:

- <https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/perspective-on-the-health-effects-of-unsaturated-fatty-acids-and-commonly-consumed-plant-oils-high-in-unsaturated-fat/54F76A9404C9D1B192EB59DD8E6DC3F3>
- <https://www.heart.org/en/news/2024/08/20/theres-no-reason-to-avoid-seed-oils-and-plenty-of-reasons-to-eat-them>
- <https://www.health.harvard.edu/heart-health/seeding-doubt-the-truth-about-cooking-oils?utm>
- <https://www.washingtonpost.com/food/2025/05/14/seed-oils-safety-studies/>