

## Cooking Oil Comparison Chart- teacher version

Oils are extracted from seeds, nuts and the flesh of fruits. A variety of different oils are used by different people for several reasons. In groups you will be researching the oil you are assigned and then you will be sharing with others.

Name	Nutrition- 1 TBSP	Smoke Point	Properties	History of use
Olive oil	119 calories 13.5 grams 1.9 g Saturated Fat	Extra Virgin- 375 Virgin-420 Extra Light- 468	High in fatty acids Helps protect against heart disease, activates secretion of bile, help prevent colon cancer	Most comes from western societies; gives off an aroma/flavor that many people don't want with deep fried food; used instead as flavoring for salads, some foods
Coconut Oil	117 calories 13.6 g 11.8 g saturated fat	Unrefined- 350 Refined- 450	The high saturated fat content allows this oil to be used a high temps without converting to fatty acids; helps care for skin, stress relief; antioxidant; lauric acid, capric acid- many health benefits	Was popular until a negative campaign against saturated fats and tropical oils led companies to use hydrogenated polyunsaturated oils that come from the main US crops
Corn Oil	120 calories 14 grams 2 g saturated fat	Unrefined- 320 Refined-450	Helps lower blood cholesterol levels with the high levels of polyunsaturated fats; good source of linoleic acid which is essential for growth,	1880's began extracting corn oil to sweeten products; non-starch parts of the corn began to be used for animal feed; new methods of processing have allowed refiners to supply the oil at a relatively low cost
Palm Oil	120 calories 13.6 grams 6.7 g saturated fat	455	Contains fat soluble vitamins A, D and E; flavor;	Was used many centuries ago to make candles and lubricate machinery. After WWII, with advances in technology, it became easier to process the oils and the demand rose, especially to make margarine.
Canola Oil	120 calories 14 grams 1 g saturated fat	470	Contains Omega 6 which helps brain growth; high in monounsaturated fats which help reduce heart disease;	Seeds are made up of 40% oil; after being pressed, left over seeds are used for animal feed; Industry was based around rapeseed oil to start with but when canola plants started producing fruitfully they switched to the healthier crop. May be put in vegetable oil, but adequate by itself
Vegetable Oil	124 calories		Mixture of various different	Named Vegetable oil to avoid having to create

	13.6 g .9 saturated fat		oils; contains many polyunsaturated fats; little flavor	new nutritional labels when quantity and type of oil added changes.
Soybean Oil	120 calories 13.6 grams 2 g saturated fat	Unrefined- 320 Refined-450	No cholesterol; hydrogenated oil has modified stability and nutritional value	Dominate oil produced in the states;

<http://www.fitsugar.com/Side-Side-Nutritional-Comparison-Cooking-Oils-2385798>

<http://www.organicfacts.net/organic-oils/organic-coconut-oil/health-benefits-of-coconut-oil.html>

[http://www.coconutoil.com/palm\\_oil\\_history.htm](http://www.coconutoil.com/palm_oil_history.htm)

<http://www.oliveoilsource.com/page/history-olive>

[http://www.corn.org/cornoil\\_health.htm](http://www.corn.org/cornoil_health.htm)

<http://www.nsrl.uiuc.edu/aboutsoy/soynutrition.html>

<http://www.canolainfo.org/health/index.php>

<http://www.canolainfo.org/canola/index.php?page=5>

<http://www.foodnavigator-usa.com/Financial-Industry/Soybean-to-dominate-US-vegetable-oil-production>

The American Heart Association is a great source of information as well.

