

**Fats are made of smaller units called fatty acids. Canola oil is lower in saturated fat than any common cooking or salad oil.**

## **Nutritional Analysis**

**Based on two teaspoons (10 mL) of refined canola oil**

- Calories: 80
- Total Fat: 9 g
- Saturated Fatty Acids: 0.5 g
- Monounsaturated Fatty Acids: 6 g
- Linoleic Fatty Acid (Omega-6): 1.5 g
- Alpha-Linolenic Fatty Acid (Omega-3): 0.6 g
- Cholesterol (no trace): 0 mg