

Canola

CANOLA IS AN OILSEED

Canola, like other **oilseed crops**, is grown to produce oil. The seeds are harvested and crushed. The expelled oil is used for food and industrial use. The oil is very healthy and can be used in making food but is also used for making other products.



Canola was developed in the Canadian prairies (Saskatchewan and Manitoba). Its name is an acronym for CANada Oil Low Acid.



A FAMILIAR SIGHT

The canola plant is a member of the **crucifer family**. Crucifers are easy to identify because their four yellow flower petals form the shape of a cross. You can always tell it is canola flowering time when the fields turn into brilliant waves of yellow blossoms.

IT'S ALL IN THE SEED

The small yellow flower of the canola plant produces tiny round seeds in small **pods**. These seeds are crushed to produce oil, and the remainder is processed into **meal** that can be used as a high-protein livestock feed. Around 43% of a canola seed is oil!



Photo: Canola Council of Canada



WHAT IS CANOLA USED FOR?

Canola has a lot of common uses, including food and non-food products:

- Cooking oil**
- Margarine**
- Mayo**
- Cake mix**

- Sunscreen**
- Printer ink**
- Plane de-icer**
- Plastic wrap**



A HEALTHY OIL

Our bodies need fat to provide energy and help us absorb fat-soluble vitamins. Certain fats such as **omega-3** and **omega-6** fats are essential for good nutrition and must be consumed as part of a healthy diet. It is important to choose fats wisely because some fats are healthier for us than others. Canola oil is high in omega-3 fats and low in saturated fats, making it a nutritious choice for oil!



Canola is heart healthy!

BIOFUEL

Canola is used for more than just food products. Biodiesel is a fuel or fuel additive made from a **renewable resource** such as plants. The oil from the canola seed can be used to make biodiesel.



Photo: Canola Council of Manitoba

