

OIL TYPE	GOODMAN FIELDER	UNILEVER	PEERLESS	ATLANTIC PACIFIC FOODS
MONO-SUNFLOWER	Sunola			
MONO-SUNFLOWER BLENDS	Liquid Gold	Sunoil	Pura Signature	
POLY-SUNFLOWER	Crisco Sunflower		Peerless Sunflower	
CANOLA	Crisco Canola	Real Ease Spray Saladin	Pura Canola	
CANOLA BLENDS	ETA Salfry		Pura Tuscan	Cottola Oil
COTTONSEED	ETA Cottonseed	Calvay Six Crowns	Formula 40	Harvest Award Oil
COTTONSEED BLENDS			Sunbeam Bravo	
CONTACT DETAILS	1800 025 066	1800 624 429	03 9214 7777	02 4932 5453



nature's finest...

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For more information, please visit: [www.australianoilseeds.com](http://www.australianoilseeds.com)

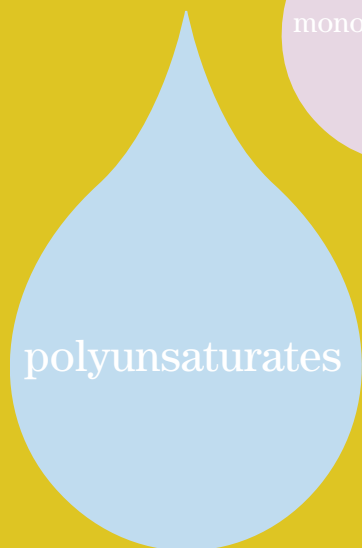
Take natural sunlight, rich soil and the finest seedlings... add experienced farmers, expert management and full quality assurance...combine these with all the hard work and satisfaction of nature's harvest.

The result? The annual Australian oilseed crop, which results in the canola, sunflower, soybean and cottonseed oils that are so essential to a healthy diet.

These versatile, affordable oils are extracted by crushing and pressing some of the finest seeds in nature's harvest, preserving their vital nutrients. They're not only good for us – they're great to cook with and delicious too!



natural



**OILSEEDS AND THE AUSTRALIAN DIET**

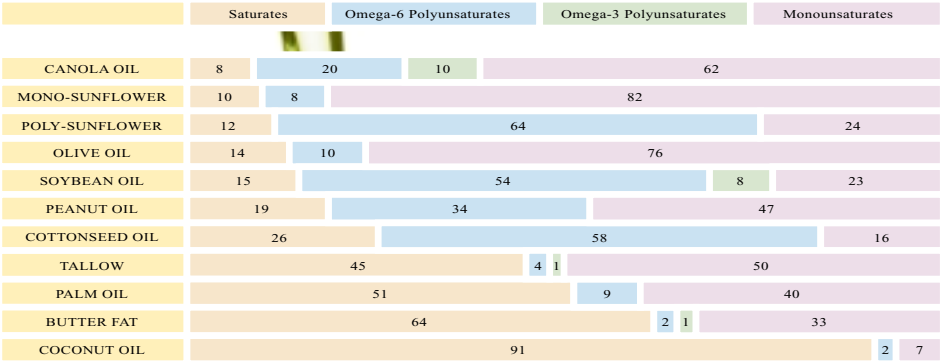
Experts agree that it's vital to include some oil in our daily diet – according to the National Heart Foundation of Australia, approximately 1 tablespoon per day is sufficient (as margarine, cooking oils, salad dressings or mayonnaise). Oils are a key part of our diet, and very important for good nutrition and health.

# healthy

Replacing saturated fats in your diet with good oils like canola, poly-sunflower and mono-sunflower can assist in lowering cholesterol.

These oils are low in saturated fats and contain high amounts of monounsaturates and polyunsaturates. Replacing saturated fat in the diet with polyunsaturates and monounsaturates is beneficial for overall cardiovascular health.

Mono-sunflower oil has the highest monounsaturated content of all the oils (> 80%), poly-sunflower oil has high levels of omega-6 polyunsaturated fats, and canola oil is a great source of omega-3 essential fatty acids.







# australian

By far, Australia's largest oilseeds crops are canola, cottonseed and sunflower. When you buy and cook with any of these oils, you'll not only be investing in a delicious, healthy, product – you'll also be supporting the work of our oilseed farmers across the nation, and helping the Australian oilseed industry go from strength to strength.

Throughout Australia, farmers work year-round to grow the crops that produce nutritious, easy-to-use cooking oils.

In summer, sunflower seeds, cottonseed and soy beans are harvested in Queensland and northern New South Wales. Canola – our winter bounty – is grown throughout Western Australia, South Australia, Victoria and New South Wales.

Enjoy a variety of cooking oils, fresh from the farmer to you, all year round.







vitamins

energy

omega 3

omega 6

# benefits

## NUTRITION: OILS BENEFIT US IN MANY WAYS:

- they provide essential polyunsaturates (linoleic and/or alpha-linolenic acid) which the body cannot manufacture. These assist good health through building cells, regulating metabolism and supplying energy.
- they help us absorb fat soluble vitamins A, D, E and K
- they are a rich source of energy in our diet
- canola oil is an excellent source of omega-3 (alpha-linolenic) fatty acids essential to good health.

## Cooking with oils

### BENEFITS AT A GLANCE

Oils are incredibly versatile, and great in many dishes:

#### **Mono-Sunflower**

Premium healthy oil which is highly versatile for use in long life frying, sauces, dressings and marinades.

#### **Poly-Sunflower**

Polyunsaturated alternative and excellent for grills, mayonnaise and salad dressings.

#### **Canola**

A great general purpose cooking oil – great for shallow frying and roasting.

#### **Cottonseed**

A good value for money deep frying oil.

A number of these oils are used in blends to provide a range of benefits.

Mono-sunflower, poly-sunflower and canola are the major oils used in margarine spreads.

*Pictured chef:* Daniel Masters,  
ex Le Gavroche, London;  
Parrot Cay Island Turks & Caicos Islands;  
Banc Sydney.



THERE ARE MANY WAYS OF ENJOYING NUTRITIOUS OIL IN YOUR DAILY DIET:

- try margarine spreads made from oils like canola, mono-sunflower and poly-sunflower
- use a variety of oils as an essential ingredient to cook delicious meals
- include salad dressings and mayonnaise made from oils like mono-sunflower and canola
- infuse oils with other ingredients, such as chilli, rosemary, truffle or vanilla, to add flavour and fun to your menu
- use convenient spray oils for greasing baking pans.



# enjoyed

Australian oils are a natural product made from the highest quality oilseeds, and can be enjoyed in a number of dishes. Just as you select wine according to your menu, have a couple of bottles of different oils – mono-sunflower, poly-sunflower and canola for example – in your kitchen to bring variety to your cooking, and enjoyment to every meal.

