

Australian Oilseed Federation

Nutrition Fact Sheets



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Oil Jargon – What the Label Means

Lite/light

Means the oil is light in flavour or mild-tasting, not lower in fat or kilojoules (as is often the case with other light products). All oils are 100% fat, important if you're watching your weight.

No Cholesterol or Cholesterol free

Applies to all oils as they are derived from plant sources which do not have any cholesterol in the first place. However, they are high in fat.

Cold pressed

No heat is used to extract the oil, which is mechanically “squeezed out” under pressure. Usually has a stronger flavour and generally contains a higher content of natural antioxidants like vitamin E and polyphenols. More expensive than other oils.

Monounsaturated

A classification of fatty acids (components of fat) based on their chemical structure. Canola, olive and peanut oils are high in mono-unsaturated fatty acids, which do not raise blood cholesterol levels.

Polyunsaturated

A classification of fatty acids (components of fat) based on their chemical structure. Safflower, sunflower and soya bean oils are the most popular polyunsaturates, which have the ability to lower both total cholesterol and the harmful LDL-cholesterol.

Blended vegetable oil

Mixtures of several oils which vary depending on availability and market price. If labelled polyunsaturated, they must contain at least 60 per cent or more polyunsaturated oils.

Extra-virgin

The first pressing of olives which yields the best-tasting and lowest acidity oil. The most expensive, prized for its distinctive flavour, viscosity and greenish tinge. Generally not used for cooking but reserved for cold purposes like salad dressings, drizzling over cooked pasta or char-grilled vegetables.