

## COMPARISON OF COOKING OILS

Nutrients per 100g – from lowest to highest in saturated fat

NAME	Energy (kJ)	Fat (g)	Sat fat (g)	Mono fat (g)	Poly fat (g)	Smoke point °C
Crisco Canola Oil	3400	92	8 (9%)	56	28	242
Lupi Olio Di Oliva (refined and virgin olive oil blend)	3390	92	12 (13%)	68	12	230
The Grove Gourmet Avocado Oil (extra virgin)	3350	90	13 (14%)	69	8	255
Crisco Sunflower Oil	3400	92	14 (15%)	14	46	232
Carotino Red Palm & Canola Oil (blend)	3400	92	14 (15%)	53	25	200
Viva Early Harvest Extra Virgin Olive Oil	3450	91	14 (15%)	68	9	190
Bertolli Extra Light Olive Oil	3700	100	17 (17%)	70	13	242
Woolworths Homebrand blended vegetable oil (canola and soy bean)	3400	92	18 (20%)	27	18	240
Alfa One 100% Pure Rice Bran Oil	3700	100	22 (22%)	41	34	254