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Canola is a cultivar of either rapeseed or field mustard. Its seeds are used to produce edible oil for consumption of humans and livestock. It is also suitable for use of biodiesel. Canola is one of the healthiest fats; it contains lowest saturated fat as compare to other edible oil. Canola carries only 7% of saturated fat whereas oil like sunflower carries 12%, corn oil has 13 and olive oil has 15% of saturated fat. On the other hand canola oil is very high in unsaturated fat. It is tremendous source of omega-6 fatty acid, linolenic acid, omega-3 fatty acid alpha- linolenic acid than any other oil. These fats are essential to be consumed as human body cannot produce them on their own.

According to the opine of health experts, you can probably eradicate your health related problem by amending a better diet chart, particularly by lowering the intake of saturated fats and increasing the amount of unsaturated healthy fats and essential fatty acid. One of the best ways to refine your diet is by adapting heart- smart oil. Canola oil made up of crushed seeds of canola plant is among the heart healthy oil. Canola acquires a lot of health benefits. Researchers have found that, ALA (Alpha-Linolenic Acid) present in canola oil help protect the heart by its effect on blood pressure, cholesterol and inflammation. Eating 1 Â½ tablespoon or (19 grams) of canola oil reduce the chance of coronary heart disease because of the presence of high amount of unsaturated fats in it. To get this benefit, one needs to replace the similar amount of saturated fats with canola oil rather than increasing the amount of calorie in your diet.

Canola is the best substitute to other oils, moreover substituting canola oil with other fatty oil is a smart way to help you healthier. Studies have shown that completely replacing canola oil or canola-oil based margarine with other oils enables to meet the dietary requirements of saturated and unsaturated fats that are essential for the body. Shifting to canola-oil food can decrease the amount of saturated fats by 10% and increase ALA up to 73%.

Canola oil can be used for cooking various dishes; it has light neutral flavor and smooth texture. Some of the ways of cooking with this oil are;

â€¢ Use as cooking oil for sautÃ©ing, stir- frying and grilling

â€¢ Add it to salad dressings, sauces and marinades

â€¢ Use it to coat your pans for non-stick baking

â€¢ Replace it for solid fats in recipe such as margarine and butter

â€¢ Canola oil is also a best substitute of olive oil for preparing vinaigrettes

Canola has found place in the kitchen pantries of people seeking to reduce consumption of saturated fats. Canola oil is beneficial for health and provides nutrition to the body. It owed the reputation of good fats and is ranked in the list of olive oil, sunflower oil and corn oil. It is sometimes considered better than all as it contains lowest fat. In a sprint to attain healthy lifestyle it is essential to reshape your diet and use quality food ingredients.

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