



## **Why HOLL OSR oil is a Better Option**

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**....It has more than 75% of oleic acid (Fig. 3)**

- **Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels, and oleic acid is an unsaturated fat ([EFSA 2011<sup>1</sup>](#)).**

**....Even with significantly reduced linolenic acid content, which leads to a better frying performance, HOLL OSR oil still has a good content of Omega 3 (> 0,6g alpha-linolenic acid per 100g and per 100kcal<sup>2</sup>), and contains a good amount of Omega 6 (linoleic acid).**

- **Omega 3 and 6 are two essential fatty acids which contribute to the maintenance of normal blood cholesterol concentrations ([EFSA 2009<sup>2A & 3</sup>](#)).**

**Recent studies suggest that higher linoleic acid (Omega 6) intake is associated with lower risk of coronary heart disease in a dose-response manner ([Farvid 2014<sup>4</sup>](#)), and that increased intake of linoleic acid may lower risk of total and cardiovascular disease mortality in generally healthy older adults ([Wu 2014<sup>5</sup>](#)).**

**.... It has one of the lowest level of saturated fats compared to most vegetable oils (Fig. 3), providing a good option to reduce the daily intake of these “bad fats”.**

- **Dietary guidance recommends a reduction of saturated fats in the diet because they are related to cardiovascular events ([EFSA 2010<sup>6</sup>](#)).**

....It has only trace amounts of trans fats.

- **Trans fatty acids are associated with coronary heart disease; dietary guidance recommends to eliminate trans fats as much as possible (EFSA 2004<sup>7</sup> & EFSA 2010<sup>8</sup>).**
- **Helps food manufacturers meet lower trans fats levels in finished product.**

....It has a good natural vitamin E content (FEDIOL<sup>9</sup>).

- **Vitamin E protects lipids, proteins and DNA against oxidative damages (EFSA 2010<sup>10</sup>).**

## Fatty acid profiles of common edible oils

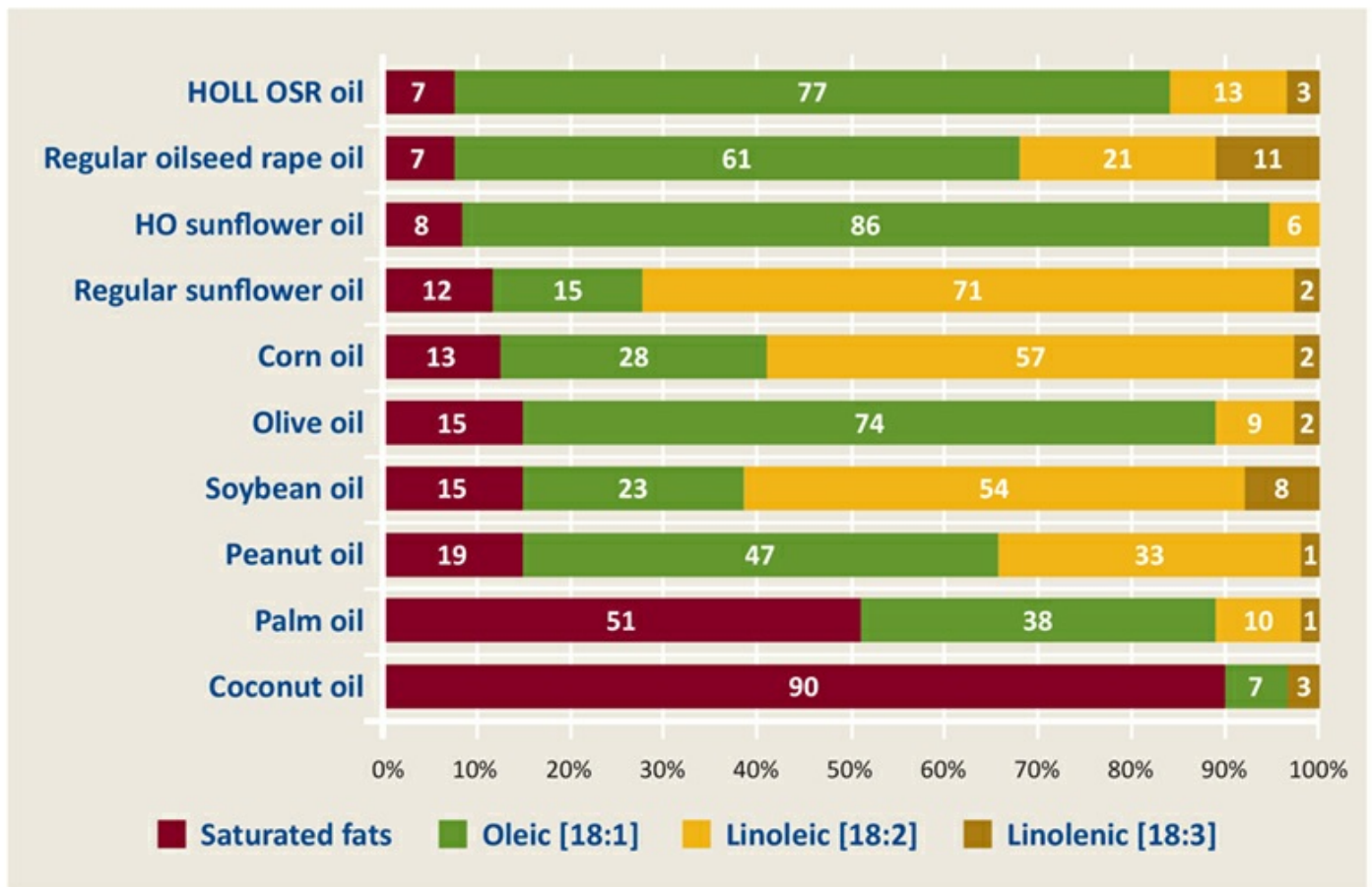


Figure 3: Adapted from Dubois *et al.* (2008) OCL, 15, 56-75<sup>0</sup>, Monsanto data for HOLL OSR oil

**HOLL OSR oil is one of the options which combines the lowest levels of saturated fats with a substantial level of oleic acid.**

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