

1. Groundnut / Peanut oil

- a. Contains mainly MUFA; hence reduces bad cholesterol LDL without decreasing good cholesterol HDL
- b. Use refined oil for all types of cooking – frying, grilling, seasoning

2. Olive oil

Mainly contains MUFA

Expensive, used mainly in Mediterranean countries for cooking

Healthy oil – lots of benefits

- ✦ Decrease coronary artery disease by reducing bad cholesterol and blood clot formation.
- ✦ Influences body fat distribution (less around stomach)
- ✦ Decreases risk of some cancers (Breast)
- ✦ Decreases risk of diabetes or delays onset of diabetic complications
- ✦ Many antioxidants help in decreasing heart diseases

Varieties of Olive Oil

Extra Virgin: best for usage, oil comes from first pressing of olives

Virgin: Comes from second pressing

Pure: Pressing + filtering & refining

Extra light: more processing, clean oil with mild olive flavours

Advise: Use only extra virgin olive oil to prepare salad dressing, seasoning for soups, for sautéing vegetables or for grilling.

3. Soyabean oil

- ✦ Contains mainly PUFA.
- ✦ Useful for all types of cooking except frying : PUFA gets oxidized at frying temperatures to form toxic compounds

4. Mustard Oil

- ✦ Contains both MUFA & PUFA.
- ✦ Generally available as filtered; refined variety, sold as vegetable oil.
- ✦ Contains Erucic acid, a fatty acid with undesirable effect on health in large quantity.
- ✦ Should be used with other cooking oil as it is adulterated sometimes with argemone oil which is toxic.

5. Rice bran oil:

- ✦ Extracted from rice bran, not expensive, popular in China / Japan / Korea / India
- ✦ Rich in MUFA; also contains "Oryzanol" which lowers cholesterol.
- ✦ Also rich in antioxidant Vit.E.

