



HEALTHIER MENUS

Today, restaurant and foodservice operators are searching for ways to make their menus healthier while maintaining a healthy bottom line. Due to legislative mandates and increasing consumer demand, restaurants are reducing “bad fats” from their menu items. One of the easiest and most comprehensive ways to reduce bad fats is to switch to healthier cooking oil, such as Omega-9 Canola or Sunflower Oil.

WHAT ARE OMEGA-9 OILS?

Omega-9 Oils are made from NEXERA™ canola and sunflower seeds, developed by Dow AgroSciences. These oils have a unique combination of high oleic and low linolenic fatty acids that gives the oils superior health, performance and flavor attributes. With health benefits that don't compromise oil performance or food taste, Omega-9 Canola and Sunflower Oils are the “next generation” food industry oils.



WHAT'S AN OMEGA-9?

Omega-9 is a fatty acid, also referred to as oleic acid or monounsaturated fatty acid, from a family of unsaturated fats that are commonly found in vegetable oils. Omega-9 fatty acids can be found in canola, sunflower, olive and nut oils. Due to their uniquely high (>70 percent) monounsaturated fat content, Omega-9 Canola and Sunflower Oils are naturally stable and heart healthy.

FACT

The U.S. Food and Drug Administration (FDA) Qualified Health Claim for canola oils states, “... eating about 1½ tablespoons (19 grams) of canola oil daily may reduce the risk of coronary heart disease due to the unsaturated fat content in canola oil. To achieve this possible benefit, canola oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day.”

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*Canola Harvest HiLo is a trademark of Richardson Oilseed Ltd.
*Frymax Sun Supreme is a trademark of Stratas Foods.
*Mel-Fry Free canola is a trademark of Ventura Foods, LLC.

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Omega-9 Oils The “Next Generation” in HEALTHIER OILS



To learn more about Omega-9 Oils,
visit www.Omega-9Oils.com or call 1-800-678-2388.



WHY OMEGA-9 OILS?

HEALTH

Omega-9 Canola and Sunflower Oils have a unique nutrition profile: zero trans fat, the lowest saturated fat and high monounsaturated (omega-9) fat.

- Omega-9 Oils can reduce bad (trans and saturated) fats from menus by up to 80 percent.
- Switching to Omega-9 Oils allows restaurants to include zero trans fat AND lower saturated fat claims on menus.
- Omega-9 Oils are high in monounsaturated fats and low in saturated and trans fats which may reduce the risk of heart disease.
- In February 2010, the American Heart Association released its impact goals for cardiovascular health by 2020, which included reducing saturated fat intake to 7 percent of total energy intake.

PERFORMANCE

The superior performance of Omega-9 Oils makes them better for business and a cost-effective oil solution for the foodservice industry.

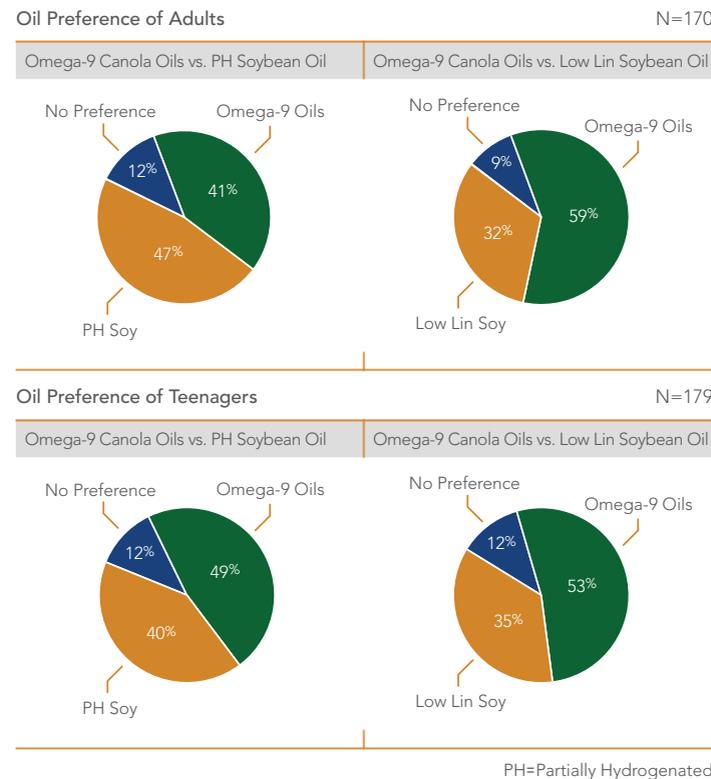
- Omega-9 Oils can allow up to 50 percent longer fry life than other commercial oils.¹
- Omega-9 Oils are *naturally stable*, which provides the necessary performance and versatility, without hydrogenation, for today's demanding foodservice environments.
- Due to their longer fry life, Omega-9 Oils require fewer oil changes per year — reducing employee labor, overall waste and oil removal.
- Due to their unique fatty acid profile, frying in Omega-9 Oils results in less oil polymerization and build-up of material, for cleaner fryers and cleaner restaurants.

TASTE

Omega-9 Oils have a light, clean taste that doesn't compete with food flavors.

- Omega-9 Oils have never lost a sensory test.

Taste Preference of Omega-9 Oils



- In a consumer taste test², adults and teens *equally preferred* fries cooked in Omega-9 Oils to those in partially hydrogenated soybean oil, and *significantly preferred* Omega-9 Oil fries over those prepared in low linolenic soybean oil.
- In another taste test², consumers preferred fries, chicken and fish fried in Omega-9 Oils to those fried in nine other commonly used oils.

AVAILABILITY

Omega-9 Oils continue to replace the millions of pounds of partially hydrogenated oil used in the food industry each year and meet the growing demand of the foodservice and food manufacturing industries.

- Today, canola is the second most widely used foodservice oil in North America.
- To meet growing demand in recent years, production capacity has doubled to more than a billion pounds.
- Omega-9 Oils are available through major national suppliers under their own brands, including:

- > Bunge Oils 
- > Richardson Oilseed 
- > Stratas Foods 
- > Ventura Foods, LLC 

¹ Rotational Frying Study, University of Lethbridge, 2005.
² Consumer Sensory Study, Jeffrey Gross & Associates, 2006.

