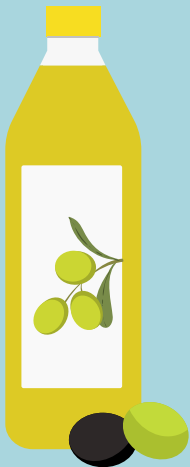


Choosing a Healthy Cooking Oil

The best oil to choose will include healthy, unsaturated fats.



Choose olive oil as the main source of fat in cooking

Look for the term '**extra virgin**' on the label to get the highest quality olive oil

'**Light**' olive oil may be lighter in colour and flavour, but it is also lower in heart healthy nutrients



Choose oils that are high in saturated fats (such as coconut oil) less often

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.