

Edible Vegetable Oils

Food for the heart



Vantage™ offers a wide range of Food Vegetable Oils, from Mediterranean and other origins, with well-known **Olive Oil** dominating among them as culinary fat par excellence.

The **Mediterranean diet** has an evidence-based reputation to reduce the risk of heart disease – among many other health benefits – due to abundance of fruit and green leaves, grains, moderate intake of animal protein and regular use of vegetable oils.

Fats from vegetable origin are undoubtedly the choice for dressing and cooking – frying, sautéing or stewing – to impart a gastronomic quality to meals. At the same time, they protect your heart, as fats from plant origin promote **cardiovascular health**. When incorporated in industrial applications, vegetable oils improve the nutritional profile of manufactured foods, while they enhance and enrich the taste of any foodstuff.

Knowing the main nutritional characteristics of cooking fats is paramount to make the right decision. Healthy fats MUFA and PUFA (acronyms for **Monounsaturated Fatty Acids** and **Polyunsaturated Fatty Acids**) occur in most plant-sourced oils and should always be included in a balanced diet.

A high **Oleic Acid** content is always a key factor to choose an edible oil, as this is a fatty acid with multiple health contributions, including coronary disease prevention, as endorsed by reliable scientific research. **Linoleic Acid** is also a desirable fat to be ingested to exert beneficial physiological effects, some of them related to body weight. Suitable nutrition should also be rich in **Omega 3** fats, existing in nut and seed oils, as they are associated with a lowered risk of cardiovascular disease.

These important nutrients are present in a great number of Edible Vegetable Oils available from Vantage™. Please do not hesitate to contact us for further information or other edible oils not listed here.

Typical values ¹ in food vegetable oils	% MUFA	% PUFA	% SFA	Smoke point °F	Benefits	% Omega 3	% Oleic acid	% Linoleic acid	Certifications ³
Almond Oil	69.9	17.4	8.2	420	Vitamins A, B, E	0.0	69.4	17.4	K, H, O
Argan Oil	44.8	33.3	17.6	420	Vitamins, oleic acid, linoleic acid	0.1	43.8	33.0	H, O
Avocado Oil	65.2	10.5	17.9	520	Vitamins B and E, oleic acid	0.6	50.0	13.0	H, O
Black cumin Oil						0.0	25.0	57.5	H
Borage Oil				435	Vitamins	23.0	17.0	35.5	H
Canola Oil	7.4	63.3	28.1	400	Low SFA, rich in MUFA and omega 3	9.1	61.7	18.6	K, H
Coconut Oil	7.5	2	90	350	Rich in fatty acids	0.0	6.3	1.7	H, O
Grapeseed Oil	18.5	65.3	11.2	420	Linoleic acid, vitamin E	0.3	18.4	65.0	K, H
Hazelnut Oil	75.4	12.9	8.34	430	Palmitoleic acid, vitamins A, E	0.4	72.7	11.7	K, H
Macadamia Nut Oil	80.0	6.0	14.0	390	Palmitoleic acid, oleic acid	0.5	60.0	4.0	K, H, O
Olive Oil, Extra Virgin	75.2	7.4	11.9	320	Oleic acid, sterols, polyphenols	0.6	71.0	6.8	K, H, O
Olive Oil, Refined	66.7	13.3	13.3	425	Oleic acid	0.5	70.5	11.8	K, H, O
Olive Oil, Pomace	66.7	10.0	13.3	460	Oleic acid	0.5	70.5	11.8	K, H
Palm Oil	37.0	9.3	49.3	450	Vitamins A, E	0.2	36.6	9.1	H, O
Palm Olein				420	Carotenoids	0.3	46.5	13.0	H
Palm Stearin					Carotenoids				H
Peanut Oil	49.5	25.9	16.6	440	Oleic acid	0.2	49.5	25.7	H
Pomegranate Oil					Vitamins A, E, omega 3, omega 6	0.0	6.0	7.0	H
Pumpkin Seed Oil	33.3 ²	40.0 ²	16.67 ²		Oleic acid, linoleic acid	1.5	28.0	51.0	H
Rice Bran Oil	39.3	35.0	19.7	490	Oleic acid, linoleic acid	1.6	39.0	33.4	H
Safflower Oil, High Oleic	75.2	12.8	7.5	450	Oleic acid	1.0	75.0	12.7	K, H
Safflower Oil, High Linoleic	14.4	74.6	6.2		Linoleic acid	0.0	14.4	75.0	K, H
Sesame Oil	40.2	40.0	14.9	410	Vitamin E, B, oleic and linoleic acids	0.4	38.5	39.6	H, O
Shea Butter	44.0	5.2	46.6		Rich in vitamins A, E and F, oleic acid	0.3	43.5	4.9	H, O
Soybean Oil	22.1	59.1	14.7	460	Linoleic acid	7.0	27.5	52.5	K, H, O
Sunflower Oil, High Oleic	83.7	3.8	9.9	450	Oleic acid	0.2	82.6	3.8	K, H, O
Sunflower Oil, High Linoleic	19.5	65.7	10.3		Linoleic acid	0.0	19.5	65.7	K, H
Walnut Oil	16.8	69.6	10.0	400	Linoleic acid, linolenic acid	11.9	15.2	56.1	K, H
Wheat Germ Oil	14.0	61.7	17.4	435	Vitamin E, linoleic acid	5.9	12.5	46.9	K

¹ Typical values can vary within a range due to genetic and environmental conditions of crops.
European Community Legal Framework. Databases: CIQUAL, French Agency for Food, Environmental and Occupational Health & Safety; National Nutrient Database for Standard Reference Legacy Release, USDA.
The present data have informative/orientative purposes exclusively and are not commercial specifications.
² g/100 ml.
³ K: Kosher, H: Halal, O: Organic (virgin and refined for olive and sunflower).
Our Quality Certifications ensure full compliance of regulations and **non-GMO** availability in all cases.

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