

Premium FRY OIL CANOLA



HIGH OLEIC • NON-GMO • EXPELLER PRESSED

High Oleic Non-GMO Canola Oil is ideal for natural deep frying. It is expeller-pressed and naturally refined, bleached and deodorized.

- ✓ **Non-GMO Project Verified™** ensures careful best practices have been followed from farm to table.
- ✓ **Extended Fry Life** high oleic oil lasts longer than conventional oils, allowing you to use less and save more.
- ✓ **Heat Stable** in temperatures up to 450°F without smoking or breaking down, which preserves the quality of your food.
- ✓ **Solvent Free and Expeller Pressed** without the use of chemicals, which maintains the nutritional value of the oil, as opposed to conventional fry oils which are produced using hexane.
- ✓ **Trans Fat Free** per serving
- ✓ **Clean & Natural Flavor** that chefs prefer. With the light, delicate flavor of canola oil, all you'll taste is your delicious food.
- ✓ **High In Omega-9** fatty acids and the good monounsaturated fat that your body needs.
- ✓ **Research Studies** show that canola oil lowers bad cholesterol and increases good cholesterol, reducing the risk of cardiovascular disease and stroke.



HIGH OLEIC NON-GMO CANOLA FRY OIL

 **Centra Foods**

Manufactured & Distributed By
Centra Foods Kent, WA 98031

Your Customers Want Healthier Oils.



As consumers become increasingly aware of the significant health impacts of the oils they use, non-GMO expeller pressed canola oil is recognized as one of the healthiest options available.

Today's consumers want to eat healthy foods. They are demanding nutritious products with clean labels.

Simply Senza's Premium Canola Fry Oil is Non-GMO Project Verified™, and is considered one of the healthiest oils available on the market today. It is produced through natural expeller pressing, which allows it to maintain its nutrition. This oil is a great healthy alternative to conventional canola oil, which is solvent expelled using chemicals.

By using canola oil that's both non-gmo and expeller pressed, your company will gain labeling advantages and make your products more desirable by today's healthy consumer.

The high oleic quality extends the fry life, allowing you to use less oil and save money. The oil is refined, bleached and deodorized, which creates a mild taste to allow your foods' natural flavors to shine through.

Compare High Oleic Canola Oil To Other Oils

Nutrition Facts	
Serving Size 1 Tablespoons	
Amount Per Serving	
Calories 130	Calories from Fat 130
% Daily Values*	
Total Fat 14g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%

Monounsaturated Fat also known as omega-9, is considered the best type of fat to promote healthy body functioning. Recent studies indicate that monounsaturated fat has a positive effect on the ratio of good to bad cholesterol.

Polyunsaturated Fat also known as omega-6 and omega-3, is essential for health since the body doesn't naturally produce it. Polyunsaturated fat is associated with heart and skin health, among other benefits. This fat must be balanced with other healthy omega-9 fats.

Saturated Fat one of the least healthy fats, should be limited to maintain a healthy diet. Replace oils high in saturated fat with oils high in monounsaturated fat like high oleic canola oil to promote heart health.

Trans Fat is an artificial type of fat found in partially hydrogenated oils. The FDA is now encouraging everyone to avoid high levels of trans fats. Oils rich in monounsaturated and polyunsaturated fats like canola oil are a good alternative.

