HEALTHIER CANOLA OIL SUBSTITUTES



Coconut Oil

Cold-pressed, virgin coconut oil supports both fat loss and your nervous system



Olive Oil

Organic extra-virgin or cold-pressed olive oil provide a host of benefits, including protecting the heart, brain, skin and more



Ghee or Organic, Pasture-Raised Butter

Both butter and ghee benefits come from ALA and CLA, which can promote weight loss



Red Palm Oil

Red palm oil in its unrefined state is high in vitamin E and beta-carotene

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CANOLA OIL

DANGERS



1 Kidney and Liver Problems

GMO foods have been shown to negatively impact the kidneys and liver

2 Life-Threatening Heart Trouble

Erucic acid is a fatty acid that's associated with heart damage, specifically Keshan disease, and partially hydrogenated vegetable cause inflammation and calcification of arteries

3 Hypertension and Strokes

Animals fed canola as the sole source of fat bred to have high blood pressure and prone to stroke died sooner than those fed non-canola as the sole source of fat

4 May Retard Normal Growth

Euroric acid in canola oil is harmful to infants due to an inability to properly break it down, which may stunt growth

5 Increases Intake of Unhealthy Trans Fats

When canola oil undergoes hydrogenation, which it often does to become a partially hydrogenated oil, this increases its level of trans fats

6 Numerous Potential GMO Health Side Effects

GMOs are associated with toxicity, allergic reactions, immuno-suppression, cancer, loss of nutrition and more

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