

Oils

Oil is known to have a positive impact on the total cholesterol levels in our body. The best kinds are organically grown and then cold pressed. It is recommended that we consume a variety of oils to achieve the greatest benefit. Heating oil changes its characteristics and oil that is healthy at room temperature may become unhealthy when heated.

Cooking With Oil

Matching an oil's heat tolerance with a cooking method is important. Oils containing high percentages of saturated fatty acids are more stable than those that contain a high percentage of polyunsaturated fatty acids. Cooking oil that will give you the best results is one that is high in Saturated fat. Saturated fatty acids pack together tightly, making oils that contain a large percentage of them extremely stable when exposed to heat and light.

Monounsaturated fatty acids do not pack together as tightly as saturated fatty acids do, which makes oils with high percentages of this fatty acid a fair choice for cooking. Polyunsaturated fatty acids do not pack together very well and are unstable when extracted from whole foods. They produce significant amounts of free radicals when exposed to heat, which makes oils that have a high percentage of polyunsaturated fatty acids a bad choice for high-heat cooking.

Raw Oil

Raw oils strengthen cell membranes and restore fat soluble nutrients to the tissues however the quantity of oil consumed should be within limits, as excess tend to do more harm to the body than good. The unrefined states of **sesame oil** are known to soothe and heal. It contains two unique chemicals called seamol and sesamin, which are very powerful antioxidants. It helps people prone to anxiety, nerve and bone disorders, poor circulation, lowered immunity and bowl problems. **Groundnut oil** is said to protect against heart disease. The pytosterols in groundnut oil are known to absorb dietary cholesterol in the

blood, protecting against cardiovascular disease. In addition to bioactive fatty acids, groundnut oil contains lipid-soluble compounds which benefit us by lowering high cholesterol levels caused by dietary habits or because of genetic factors and even protect against some cancers.

The processed versions of **Coconut oil** have a bad reputation for increasing cholesterol and triglyceride levels in the body however the natural form has been used as a food and medicine since the dawn of history. Anyone suffering from digestive problems will benefit from this oil because it is emulsified during digestion without burdening the liver or gallbladder. It has also been known to have the ability to nourish and heal the skin due to its high content of vitamin E.

High temperature resistant cooking oils:

- Coconut
- Palm
- Soybean
- Avocado

Mustard Oil, known for its sharp, nutty flavor has been used in food as spice and oil for thousands of years. It consists of both essential fatty acids which are required for important metabolic functions in the body. It is a natural preservative due to its ability to inhibit growth of yeast, moulds and bacteria.

The ever popular **olive oil** has a good reputation as "healthy oil". Its exquisite flavor has been used in many Italian, Spanish and Greek recipes. It is high in protein, calcium, magnesium, vitamins A & E and has many anti-oxidant and body building properties. Olive oil is generally extracted by pressing or crushing olives. Consequent pressings lower the quality of the oil. The purest, best and most expensive form is obtained from the first pressing, which is called "extra virgin olive oil".

Resources
www.livestrong.com
www.drbenkim.com

Fun Food Facts!



The color of the olive does not represent two different types of olives. All olives start out green and turn to black or dark purple. When the olive is green, they are very tasty but do not have that much oil. When the olive is black the tastes are less intensive and they are very oily.

Did You Know?



Good Fats aid in the absorption of vitamins A, D & K

Tips on how to add raw oil to your diet:

- ✓ Drizzle over salad
- ✓ Use oil to make homemade mayonnaise
- ✓ Brush onto meat, fish or poultry
- ✓ Drizzle over rice, salads or couscous
- ✓ Drizzle over vegetables before roasting
- ✓ Drizzle over toasted French bread brushed with garlic

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