

14 Summer Vacations on a Shoestring

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No. 11: George Stroumboulopoulos

Canola (from “Canadian oil, low acid”) also provides omega-3 fatty acids. In his book *Stop that Heart Attack!*, U.K. doctor Derrick Cutting writes that the oil, in small quantities, “can help protect against thrombosis.”

Pumpkin-Seed Oil: This oil is an “acquired taste,” says Ernst Dorfler, chef at Vancouver’s Five Sails restaurant. It contains essential fatty acids and vitamins E (an antioxidant) and K (which helps blood to coagulate). It’s best used in its raw state (such as in a salad dressing).

Grape-Seed Oil: This type is neutral-tasting, so it allows the food’s natural taste to come through. And its high smoke-point makes it suitable for frying. Just one tablespoon of grape-seed oil contains about 67 percent of the recommended daily allowance of vitamin E.

Sesame Oil: This pungent oil is used in Asian cuisine, usually added after the dish has been cooked. Sesame oil contains omega-6 fatty acid, plus about half the monounsaturated fatty acid of olive oil. But because it’s used so sparingly, we don’t need to worry too much about its nutritional profile, says Gloria Tsang, registered dietitian and founder of HealthCastle.com, an online nutrition community. “A few drops,” she says, “can do the trick.”

A Well-Oiled Diet

Olive oil isn’t the only type of cooking oil that’s good for you. Here are five others that will enhance the flavour of your foods—and provide health benefits, to boot.

Sunflower Oil: This type is a polyunsaturated fat used for baking and stir-frying. A Swedish study found that it can help lower LDL—“bad” cholesterol—levels. Don’t heat it to too high a temperature, though: Overheating creates cell-damaging free radicals and other by-products.

Canola Oil: This light-tasting oil is made from the rapeseed plant, a member of the mustard family. It’s cheaper than olive oil—and nearly as high in monounsaturated fats.