

Cooking Oil

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The food we eat can help improve our health. The way we cook is just as important as the food we eat. Therefore, we should be careful for not only the food we eat but cooking methods also. With so many products of oil and butter available at the supermarket, it can be difficult for you to choose the right ones.

1. **Canola Oil** Several researches conducted by physicians have shown that canola oil is useful as it can lower the risks of getting heart disease. This kind of oil is low in saturated fat while it is high in monounsaturated fat. Canola oil also offers the best acid composition compared to other kinds of oil. Canola oil can be used in sautéing and stir frying in low temperature as marinade. It has a bland flavor making it ideal for food that contains plenty of spices. Unlike other kinds of oil, canola oil will not affect flavor and taste of your food.

2. **Olive Oil** Olive oil has an apparent flavor with elements good for heart health. The oil comprises monounsaturated fat which helps lessen cholesterol and risks of getting cancer. It also consists of antioxidants. Olive oil is good for cooking; however, the healthiest way is to eat it uncooked with salad or as dipping sauce. To add olive oil in your cooking, low to medium temperature is recommended. Avoid high temperature when you use olive oil for cooking.

3. **Butter** People have learned how to produce and eat butter for a long time. Butter has a good taste and is full of Vitamin A and other vitamins that can be dissolved in fat including Vitamins E, K and D. Butter is produced from natural sources. It does not contain chemicals. Butter can be used for cooking, baking and as a spread.

4. **Margarine** Margarine was firstly produced to replace high fat butter. However, margarine is composed of trans fat, substance that raises level of cholesterol in the body. Margarine tastes good and can be used as cooking oil. It has less fat than other kinds of oil and butter. Margarine is also good as a spread. For cooking with oil, you have plenty of choices. Just choose one of the above materials. Actually, there are many more choices than we have mentioned here. However, what you have here is enough for healthy eating. Bear in mind that materials you choose for your cooking can affect your health.