



CANOLA

Canola is a species that was first developed in Canada! Although it has a bad reputation due to its association with rapeseed oil, which can be harmful to health when overheated, canola oil is an excellent source of omega-3, and mono- and polyunsaturated fatty acids, which greatly reduce the risk of cardiovascular disease.

BENEFITS

Canola is good for brain and heart health. It is also rich in vitamins and minerals.¹

As a member of the cruciferous family, which includes cabbage, canola adapts to cool climates and is relatively frost-resistant.

In Quebec, it was first grown in the Saguenay-Lac-Saint-Jean region in the 1980s, then in Bas-St-Laurent, Chaudière-Appalaches and Abitibi-Témiscamingue. Canola requires well-drained soil and lends itself well to direct seeding, i.e. no-till cultivation.²

WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

→ Read our [fact sheet](#) to find out more!

HOW IS IT USED IN THE KITCHEN?

- Because of its neutral taste, canola oil can be used as a substitute for butter in muffin and cake recipes.
- You can also use it to make your own chili oil, or even in salads.



1. <https://www.coeuretavc.ca/vivez-sainement/saine-alimentation/gras-et-huiles>

2. FPCCQ. (2013). *Guide de production du canola*.

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