

# High Oleic Sunflower Oil

**H**igh oleic sunflower oil is very high in oleic (monounsaturated) acid. It is usually defined as having a minimum of 80% oleic acid.

The oil has a neutral taste and provides excellent stability without hydrogenation. High oleic sunflower oil offers a trans-free oil solution for customers. It has many uses which include bakery applications, spray coating oils for cereal, crackers and dried fruit, and can be used in non-dairy creamers and many types of frying.

The patent on high oleic sunflower oil and seed has expired. Consequently, more companies are getting involved in producing and merchandising this oil. However, for the near future at least, it will continue to be grown on a contracted acre basis with customer needs driving total acres. As with all sunflower, high

oleic hybrids have been developed through conventional breeding methods.

## Monounsaturated fat

**Summary:** A higher intake of monounsaturated fat may raise high-density lipoprotein (HDL) cholesterol without raising low-density lipoprotein (LDL) cholesterol.

**Findings:** For patients who consumed a dietary portfolio high in monounsaturated fat, HDL cholesterol rose, whereas for those consuming a dietary portfolio low in monounsaturated fat, HDL cholesterol did not change.

Monounsaturated fat increased the effectiveness of a cholesterol-lowering dietary portfolio, despite statin-like reductions in LDL cholesterol. The potential benefits to lower cardiovascular risk were achieved through increases in HDL cholesterol and further reductions in the ratio of total to HDL cholesterol.

A more detailed abstract of this research is available via the *Canadian Medical Association Journal* website ([www.cmaj.ca](http://www.cmaj.ca)).



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**Summary:** A diet rich in high oleic acid sunflower oil favourably alters low-density lipoprotein cholesterol, triglycerides, and factor VII coagulant activity.

**Findings:** Substitution of foods rich in saturated fat with foods rich in high oleic acid sunflower oil and margarine has favourable outcomes on blood lipids and factor VII coagulant. This oil

presents another useful source of monounsaturated fatty acids for diets aimed at prevention of heart disease. 🌱

A more detailed abstract of this research is featured in the *Journal of the American Dietetic Association*. The research appeared in the July 2005 issue, pages 1071-1079.