

# Double low rapeseed oil nutrients

Double low [rapeseed oil](#) fatty acid composition balance

Studies have found that saturated fatty acids are closely related to high cholesterol, which induces the deposition of cholesterol and lipids in the aorta and other blood vessels, thereby increasing the risk of cardiovascular disease. Among the many vegetable oils, canola oil has a low content of saturated fatty acids, which is in line with human health needs.

## [Microwave drying machine](#)

With the in-depth study of fatty acids, it has been found that in polyunsaturated fatty acids, the ratio of omega-6 to omega-3 fatty acids is closely related to cardiovascular diseases, cancer, inflammation and autoimmune diseases, balancing omega-6 and omega-3. The proportion of fatty acids has become the latest trend in nutritional health.



According to the recommendations of the Harvard Medical School experts, the World Health Organization, and the Chinese Nutrition Society's Reference Dietary Nutritional Intakes for Chinese Residents, the lower the saturated fatty acid content, the lower the linolenic acid mass fraction, the lower the oleic acid content. The higher the content, and the natural edible vegetable oil with a ratio of  $\omega$ -6 to  $\omega$ -3 of 1 to 4:1 is higher in nutritional value.

In walnut oil, the ratio of omega-6 to omega-3 fatty acids is 4.9, which is closer to the recommended value, but its polyunsaturated fatty acid content is higher, which is easy to oxidize, affecting its nutritional quality and shelf life. Flaxseed oil is rich in  $\omega$ -linolenic acid, up to 62%, but the fatty acid composition is not reasonable,

and omega-6 and omega-3 are only 0.42. The ratio of omega-6 to omega-3 fatty acids in canola oil is 2, which is within the recommended range, lower than that of other edible vegetable oils, high in oleic acid, beneficial to human health, and is a way to improve diet. Food source.

Rich in plant sterols, high in sterols

Phytosterols are important micronutrients and functional ingredients in daily diets. Among them, campesterol, stigmasterol, and  $\beta$ -sitosterol are common sterols in various plant foods. Phytosterols have excellent effects in reducing the incidence of cardiovascular diseases, anti-inflammatory, anti-cancer, and immune regulation.

Studies have shown that daily intake of 2 to 3 g of plant sterols can reduce 10% of total cholesterol and low-density lipoprotein cholesterol in the blood. The analysis of the sterol content of common plant foods in China shows that the main sources of dietary phytosterol intake in China are cereals and vegetable oils, and the contribution rate of both is over 80%.

Among the edible vegetable oils commonly used in China, the highest content of sterol in corn germ oil is 1032.07 mg /100g, followed by sesame oil 559.27mg /100g and rapeseed oil 517.14mg /100g. Fassbender et al. found that among the common plant sterols, campesterol can significantly prevent coronary heart disease and has important physiological functions. The rapeseed oil has a sterol content of 155mg /100g, which is high in China's bulk edible vegetable oil. Yang et al [6] collected 200 rapeseed from the middle and lower reaches of the Yangtze River in China, pressed oil and analyzed the composition of rapeseed oil, and found that the content of sterol in rapeseed oil was 700~1000 mg /100g, of which phytosterols accounted for 30.7% of sterol.