



Food Oils – Edible Vegetable Oils

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Vantage™ offers a wide range of Food Vegetable Oils, from Mediterranean and other origins, with wellknown Olive Oil dominating among them as culinary fat par excellence.

The Mediterranean diet has an evidence-based reputation to reduce the risk of heart disease – among many other health benefits – due to abundance of fruit and green leaves, grains, moderate intake of animal protein and regular use of vegetable oils.

Fats from vegetable origin are undoubtedly the choice for dressing and cooking – frying, sautéing or stewing – to impart a gastronomic quality to meals. At the same time, they protect your heart, as fats from plant origin promote cardiovascular health. When incorporated in industrial applications, vegetable oils improve the nutritional profile of manufactured foods, while they enhance and enrich the taste of any foodstuff.

Knowing the main nutritional characteristics of cooking fats is paramount to make the right decision. Healthy fats MUFA and PUFA (acronyms for Monounsaturated Fatty Acids and Polyunsaturated Fatty Acids) occur in most plant-sourced oils and should always be included in a balanced diet.

A high Oleic Acid content is always a key factor to choose an edible oil, as this is a fatty acid with multiple health contributions, including coronary disease prevention, as endorsed by reliable scientific research. Linoleic Acid is also a desirable fat to be ingested to exert beneficial physiological effects, some of them related to body weight. Suitable nutrition should also be rich in Omega 3 fats, existing in nut and seed oils, as they are associated with a lower risk of cardiovascular disease.

These important nutrients are present in a great number of Edible Vegetable Oils available from Vantage™. Please do not hesitate to contact us for further information or other edible oils not listed here.



OUR PRODUCTS

Product ¹	Benefits	% MUFA	% PUFA	% SFA	Smoke point °F	% Omega 3	% Oleic acid	% Linoleic acid	Certifications ³		
									Halal ²	Kosher ²	Organic
Almond Oil	• Vitamins A, B, E	69.9	17.4	8.2	420	0.0	69.4	17.4	H	K	●
Argan Oil	• Vitamins, oleic acid, linoleic acid	44.8	33.3	17.6	420	0.1	43.8	33.0	H		●
Avocado Oil	• Vitamins B and E, oleic acid	65.2	10.5	17.9	520	0.6	50.0	13.0	H	K	●
Black cumin Oil	-					0.0	25.0	57.5			●
Borage Oil	• Vitamins				435	23.0	17.0	35.5			
Canola Oil	• Low SFA, rich in MUFA and omega 3	7.4	63.3	28.1	400	9.1	61.7	18.6			
Coconut Oil	• Rich in fatty acids	7.5	2	90	350	0.0	6.3	1.7	H	K	●
Grapeseed Oil	• Linoleic acid, vitamin E	18.5	65.3	11.2	420	0.3	18.4	65.0	H		
Hazelnut Oil	• Palmitoleic acid, vitamins A, E	75.4	12.9	8.34	430	0.4	72.7	11.7	H		
Macadamia Nut Oil	• Palmitoleic acid, oleic acid	80.0	6.0	14.0	390	0.5	60.0	4.0	H	K	●
Olive Oil, Extra Virgin	• Oleic acid, sterols, polyphenols	75.2	7.4	11.9	320	0.6	71.0	6.8		K	●
Olive Oil, Refined	• Oleic acid	66.7	13.3	13.3	425	0.5	70.5	11.8	H	K	
Olive Oil, Pomace	• Oleic acid	66.7	10.0	13.3	460	0.5	70.5	11.8	H		
Palm Oil	• Vitamins A, E	37.0	9.3	49.3	450	0.2	36.6	9.1			●
Palm Olein	• Carotenoids				420	0.3	46.5	13.0			
Palm Stearin	• Carotenoids										
Peanut Oil	• Oleic acid	49.5	25.9	16.6	440	0.2	49.5	25.7			
Pomegranate Oil	• Vitamins A, E, omega 3, omega 6					0.0	6.0	7.0			
Pumpkin Seed Oil	• Oleic acid, linoleic acid	33.3 ²		16.67 ²		1.5	28.0	51.0			
Rice Bran Oil	• Oleic acid, linoleic acid	39.3		19.7	490	1.6	39.0	33.4			
Safflower Oil, High Oleic	• Oleic acid	75.2		7.5	450	1.0	75.0	12.7	H		
Safflower Oil, High Linoleic	• Linoleic acid	14.4		6.2		0.0	14.4	75.0	H		
Sesame Oil	• Vitamin E, B, oleic and linoleic acids	40.2		14.9	410	0.4	38.5	39.6	H		●
Shea Butter	• Rich in vitamins A, E and F, oleic acid	44.0		46.6		0.3	43.5	4.9			
Soybean Oil	• Linoleic acid	22.1		14.7	460	7.0	27.5	52.5			
Sunflower Oil, High Oleic	• Oleic acid	83.7		9.9	450	0.2	82.6	3.8	H		
Sunflower Oil, High Linoleic	• Linoleic acid	19.5		10.3		0.0	19.5	65.7	H		
Walnut Oil	• Linoleic acid, linolenic acid	16.8		10.0	400	11.9	15.2	56.1			
Wheat Germ Oil	• Vitamin E, linoleic acid	14.0		17.4	435	5.9	12.5	46.9	H		

¹ Typical values can vary within a range due to genetic and environmental conditions of crops. European Community Legal Framework. Databases: CIQUAL, French Agency for Food, Environmental and Occupational Health & Safety; National Nutrient Database for Standard Reference Legacy Release, USDA.

The present data have informative/orientative purposes exclusively and are not commercial specifications.

² g/100 ml.

³ K: Kosher, H: Halal, O: Organic (virgin and refined for olive and sunflower).

Our Quality Certifications ensure full compliance of regulations and non-GMO availability in all cases.



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