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Gingelly oil used for

A plant with the unfortunate name of "rape" produces a seed that, when crushed, makes an excellent vegetable oil. Unfortunately, the oil contains lots of something called erucic acid, which, in high doses, is toxic to humans. So back the late 1960s, Canadian agriculturalists used traditional breeding techniques to come up with a new version of the rape plant that had only trace amounts of that nasty acid. In honor of the country of its birth, they called this new edition "Canola" which is an acronym that stands for, "Canada oil, low acid."Canola oil's ancestry has led to some confusion and controversy. Critics have gone so far as to claim that the oil is a toxic, genetically modified "frankenplant." In fact, the process that created canola is as old as human civilization. Plant breeding and hybridization are what brought us wheat, rice, corn and just about everything else that we eat. On the other hand, while canola is not, by definition, genetically modified, some 80 percent of today's canola crops are modified to make them more resistant to pesticides. According to the canola industry, by the time the oil has been extracted from the plant, none of the parts that were altered are left. But if you have concerns about genetic modification, make sure to buy organic canola oil. Organic certification ensures that the product has never been tinkered with in a lab.Questions about gene tampering aside, canola oil has many desirable health benefits. Above all, it's incredibly low in saturated fats. In fact, at just 7 percent, the saturated fat content is the lowest of any vegetable oil available on the market. That's particularly impressive when you compare it with olive oil, which is 14 percent saturated fat, and peanut oil, which is 19 percent. Even better, it's correspondingly high in the "good" monounsaturated and polyunsaturated fats (those famous omegas!) as well as being a source of vitamin E.While the canola industry likes to claim that eating canola oil will actually improve your health, it's unclear how this would work in practical terms. To get the amount of omega fatty acids and vitamin E that you need in your diet, you'd have to consume a lot of the stuff daily. What can be said with confidence is that drizzling some cold-pressed organic canola oil on your salad won't do you any harm. Notice the "cold-pressed" qualifier there: Old-fashioned heat-refined canola oil is pretty bland, but more recent cold-pressing methods have resulted in a nutty-tasting oil that makes a nice contribution to a vinaigrette. That said, don't toss your greens with old-school canola oil -- though it's great for stir-frying and baking because of its high smoke-point. In other words, you won't set off the smoke alarm every time you want to roast some rutabaga.And speaking of smoke, if you use canola frequently, you may notice a familiar smell next time you pull up behind a tractor-trailer. That's because biodiesel made from canola oil is being used increasingly by the trucking industry. It appears that there's no end to canola's versatility.Page 2For many of us, learning to develop healthy eating habits takes a little more discipline than it does for others. But by making small changes with every meal, you can start developing healthier eating habits in no time. Here are a few small steps that can lead to giant leaps for you and your family's daily diet.Start by changing the "snack ratio" in the house. Slowly and gradually have more fruit and healthier snack choices around, rather than the typical, higher-calorie junk food. For instance, have three types of fruit (apples, oranges, grapes) to replace some of the small bags of chips or candy bars. Or simply start replacing unhealthy snacks with alternative choices, such as oatmeal bars, granola bars or peanuts and yogurt.When shopping at the grocery store, spend more of your time in the outer aisles. That's where you'll find the healthier foods, such as fresh fruits, fish and vegetables, which are naturally lower in fat and cholesterol and have not been filled with sugar, salt and other preservatives that add on the pounds.Begin reading the labels of the foods that you eat. Foods that are labeled "low in fat," or "light," are not always the healthiest choice. Many times, if a product is lower in fat, it may be higher in sodium, or, if it's lower in sugar, it may be high in fat. Start reading the "Nutrition Facts" chart on the back of the box, can or bag.I will admit, it's hard to read the label of every food item while you're shopping. A better way to start is with your favorite packaged foods and snacks at home. Soon you'll start to notice the differences in the amounts of sodium, carbohydrates, sugar and calories per serving between the different foods that you've chosen. The next step is to slowly begin making adjustments in your shopping choices, and to look for alternatives with fewer calories, sodium and fats.Don't get caught up in the calories!Everyone zeroes in on the calories," says registered dietitian Claire LeBrun. "I even catch myself sometimes doing it; you gotta look at the portions and calories per serving size." The gotcha that gets a lot of consumers with the nutritional facts charts is the number of calories per serving size. Most consumers read the number of calories and assume that's the number of calories for the entire package, rather than the number of calories per serving - buyer beware.Develop a healthy habit of selecting sensible-sized food portions. If your plate has a serving of rice that can't fit into the cupped palm of your hand, then, in most cases, the amount of food you've chosen is too much. Using this "cup of your hand" technique is a good way to mentally measure the amounts of foods that go onto your plate. Some people use the size of their fist as a measurement. The size of your fist, or a cupped hand, is about the same size of one measuring cup.Restrain your taste buds and retrain your brain and attitude toward good food choices. The natural sweetness of an orange or apple can't compete with the sugary taste of a candy bar, but you must retrain, and relearn, the goodness of what's good for you. Start choosing to eat more fruits and vegetables as snacks or as replacements for some of the fats that you would tend to add onto your lunch tray or dinner plate - you and your taste buds will get used to it.Learn basic alternatives to fattening foods. Learn to speak the second language of food - the language of healthy food.Choose mustard over mayo (mustard naturally has less calories/fat).Choose brown rice, whole wheat, rye or oat bread over white bread (brown foods don't have extra fats added to them to change their color).Choose the white meat of turkey or chicken over dark meat, red meat or pork (most of our fat intake comes from animal fat; white meat contains less fat).Choose baked or broiled over fried, battered or breaded.Choose water over juice and soda. Some juices contain just as many carbs and calories as a small bag of potato chips. Try slowly weaning yourself off caffeinated soda with [herbal] tea or water - have two glasses of water, or cups of tea, per every can of soda. (Also, don't drink your calories - those 100 calories of juice could be two pieces of fruit or a cereal bar, a more filling feeling for you and your stomach.)Choose low-calorie sauces and ask to have sauces and dressings served on the side. (Usually more sauce is poured on than is needed. Dip your fork into the sauce, then dip your fork into the food. This will give you the flavor with every bite, but without the extra, unnecessary fat.)Choose fat-free milk and cheese made with skim milk, as opposed to whole milk (again, most of our fat intake comes from animal fat).Choose vegetables as side orders over fries and chips. Steamed veggies are preferable over creamed veggies (vegetables naturally carry less fat).Choose to pack fruit and nuts to hold you over to the next meal, rather than opting for fast food or snacks from a vending machine. Fruit snacks will help you get to the next meal, as they allow you to eat more, more often and without the extra fat intake). Fruits like bananas and oranges are convenient and have their own protective packaging.The more color on your plate, the better. Not only does this keep things interesting and exciting for you and your taste buds, but it's healthier. The nutrients that create the different colors in our fruit and vegetables, represent different nutrients for your body. Feed your body as many varieties as possible, the fight against the common cold, cancers and other illnesses can be prevented by having variety in you diet. Trying new fruits, vegetable combinations and dinner choices will keep your family on their toes.Don't skip meals (especially breakfast). Skipping meals, or starving your body will cause it to go into a starvation mode - it will start to hold on to fat rather than burn it. In fact, allow yourself to snack a little more, just make them healthy snacks. Your metabolism will actually pick up steam and start to burn more of what you're giving it - especially with an accompanying daily exercise program.Don't eat more than two and a half to three hours before bedtime. Give your body a chance to digest and burn the last fuel of the day. A lot of weight loss success stories profess this good habit as a key element to their weight loss journey.Keep it all in perspective. Realize that you're making a lifestyle change, NOT going on a diet - don't put yourself in food prison. According to registered dietitian Claire LeBrun, it's about balance and listening to yourself. Ask yourself, "How has your day balanced out? What's this snack going to do for you?" We all have different schedules, and we must find what works for us individually. The types of foods you choose are just that - choices. Your goal is to keep them as choices by making the right food decisions a majority of the time. When a doctor tells you that you have to make a lifestyle change, you are no longer making it a choice. Learning to eat healthy doesn't happen overnight, but it can happen, and you can do it!! One meal at a time.Robert Alan Anderson is an AFAA certified personaltrainer and martial arts instructor working out of the Washington, D.C. area. Claire M. LeBrun, M.P.H, R.D., L.D. is a registered dietitian specializing in weight management working out of the Washington, D.C. area. Tickeron: \$OIL in +1.12% Uptrend, advancing for three consecutive days on June 30, 2021. View odds for this and other indicat... minutes and 27 seconds ago ActivotradeON: RT @Activotrade: Buenos dias, #felizviernes. \$IBEX 8933 +0.01% \$DAX 15635 +0.2% \$OIL 7515 -0.11% \$SPX Fut -0.13% *Entre el 60% y el 75%...3 hours and 14 minutes ago Activotrade: Buenos dias, #felizviernes. \$IBEX 8933 +0.01% \$DAX 15635 +0.2% \$OIL 7515 -0.11% \$SPX Fut -0.13% *Entre el 60% y... hours and 14 minutes ago TheScorpionDude: RT @sharky508: HOD on ASX market, looking forward to a great close into the 3 day weekend. Possible zip code changer \$EEENF \$OIL \$IMO http...4 hours and 2 minutes ago sharky: Might cover that gap of .074 by next week IMO. 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It's a key ingredient in our guide on how to clean and restore an old cutting board. Some people even coat their boards with a very thin layer of straight-up coconut oil every once in a while to keep them resistant to water and bacteria. Condition your dog's coat You may have heard about using coconut oil to deep-condition your hair, but don't keep all the benefits for yourself. After giving your dog a bath, work some coconut oil into his coat to make it shiny and soft. The oil will also help moisturize dry skin and cut back on that unsavory wet-dog scent. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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