

# Wildtree

## Grapeseed Oil Fact Sheet

Wildtree's Grapeseed Oil is **EXPELLER PRESSED** - **NOT** solvent extracted like the vast majority of grapeseed oils in the marketplace. (see other side for details)

GRAPESEED OIL is made from grape seeds after wine production. It is therefore environmentally sound and requires no new farmland or water to produce. Versatile, delicious and good for you, grapeseed oil allows the pure flavor of fresh food to come through. Its delicate flavor and body make it perfect for sautéing, baking or frying. Try it in salad dressings, on pasta or hard breads, or use as marinades or bastes for the grill.

### Health Benefits

- ♥ There are NO preservatives such as TBHQ or BHT.
- ♥ It is NOT hydrogenated.
- ♥ There is NO sodium.
- ♥ NO trans fatty acids.
- ♥ NO cholesterol (it actually aids in cholesterol reduction).
- ♥ It has one of the lowest levels of saturated fats of all oils (see chart below).
- ♥ It is easily digestible and
- ♥ a good source of Vitamin E Alpha (an important anti-oxidant)(4.3 mg per serving).
- ♥ Highest concentration of poly (76%) unsaturated acid of any oil.
- ♥ Helps the body produce High Density Lipoprotein (HDL).
- ♥ High in Linoleic acid - and its health benefits:
  - is a fatty acid which acts as a transporter for saturated fats - helps prevent accumulation in the arteries.
  - also known as Omega-6 and in near identical proportions to mother's milk.
  - vital to life and cannot be produced by the body alone.

### Miracle Frying Oil

Grapeseed Oil is ideal for frying at high temperatures. It may be heated up to 419 degrees (F) without burning, - one of the highest flashpoints. Deep fry your favorite foods in Wildtree's Grapeseed Oil for a wonderful light crispy taste and cholesterol-free frying.

Oil	Saturated	Mono Unsaturated	Poly Unsaturated	Trans Fatty Acid
<b>Grapeseed Oil</b>	<b>8%</b>	<b>16%</b>	<b>76%</b>	<b>0%</b>
Canola Oil	7%	59%	30%	0%
Safflower Oil	7%	76%	14%	0%
Sunflower Oil	10%	20%	66%	0%
Corn Oil	13%	25%	61%	1.5%
Olive Oil	14%	77%	9%	0%
Soybean Oil	15%	59%	25%	1.5%
Peanut Oil	18%	49%	33%	0%
Cottonseed Oil	25%	18%	52%	1.5%
Butter	63%	26%	4%	3%
Coconut Oil	87%	6%	2%	0%

### COMPARISON AND NUTRITION CHARTS

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Nutrition Facts	
Serving Size 1 Tablespoon (14g)	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 120
Calories from Saturated Fat 10	
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 10g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin E 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

# Vocabulary

**Expeller Pressed** - Expeller pressing is a chemical-free mechanical process that extracts oil from seeds and nuts. This method of oil extraction is an alternative to the hexane-extraction method used for many conventional oils. The temperature reached during pressing depends on the hardness of the nut or seed. The harder the nut or seed, the more pressure required to extract the oil, which in turn creates more friction and higher heat. There is no external heat applied during the expeller pressing. **n-Hexane** is a chemical made from crude oil. Pure n-hexane is a colorless liquid with a slightly disagreeable odor. It is highly flammable, and its vapors can be explosive. It is used in industry, primarily when it is mixed with similar chemicals to produce solvents. Common names for these solvents are commercial hexane, mixed hexanes, petroleum ether, and petroleum naphtha. **The major use for solvents containing n-hexane is to extract vegetable oils from crops such as soybeans, flax, peanuts, grape seed, and safflower seed.** They are also used as cleaning agents in the textile, furniture, shoemaking, and printing industries, particularly rotogravure printing. N-hexane is also an ingredient of special glues that are used in the roofing, shoe, and leather industries. N-hexane is used in binding books, working leather, shaping pills and tablets, canning, manufacturing tires, and making baseballs. Teach your children and teenagers the dangers of inhaling products that contain n-hexane. Keep products containing n-hexane (quick-drying glues and cements) out of the reach of children.

**Antioxidants** - A group of compounds which combat free radicals (oxygen-species cause of diseases) in your bloodstream.

**Saturated and Unsaturated Fats** - Fats and oils are basically mixtures of fatty acids and are identified as "saturated" and "mono- or poly- unsaturated" depending upon which type of fatty acid is predominate. Fatty acids are basically chains of carbon that can react with other molecules. There are two types:

**"Saturated"**

- Have adequate hydrogen atoms, so they are chemically stable which means they stay fresh longer.
- The chain formation is straight, allowing the chains to pack into a solid form at room temperature (e.g. Crisco).
- Saturated fatty acids raise cholesterol which raises the risk of coronary heart disease.

**"Unsaturated"**

- Are missing adequate hydrogen atoms, so they are chemically unstable and go rancid more quickly.
- The chain formation is curved and not able to pack so that at room temperature the fat is liquid oil.

**The two types of unsaturated fats are:**

**Mono-unsaturated** - missing 1 hydrogen atom. Liquid at room temperature, but start to solidify or turn cloudy in the refrigerator.

**Poly-unsaturated** - missing more than 1 hydrogen atom, making it even more unstable than mono-unsaturated oils. Liquid at room temperature and remains a liquid when chilled. Goes rancid most quickly. Unsaturated fatty acids help to lower total blood cholesterol.

**Hydrogenation** - The addition of hydrogen to fats to change a liquid oil (high in unsaturated fatty acids) to a more solid "saturated" form. This process also keeps the product fresh longer.

The problem: recent studies suggest that hydrogenated fats may raise blood cholesterol.

## Trans fatty acids

### Products of partial hydrogenation of vegetable oils.

Adverse affects include:

Raises "bad" LDL cholesterol

Lowers "good" HDL cholesterol

Lowers amount of cream(volume) in milk of lactating females, lowering milk quality

Correlates to low birth weight in human infants

Increases risk for diabetes due to effect of increasing blood insulin levels

Lowers testosterone in males and increases level of abnormal sperm

**High Density Lipoprotein (HDL)** - An anti-oxidant-type "good" cholesterol. For those requiring a cholesterol free diet, HDL is not considered a "cholesterol".

**Linoleic Acid** - Is one of five essential fatty acids, vital to life and cannot be produced by the body alone. Also known as Omega-6 and in near identical proportions to mother's milk. It is also an antioxidant. Acts as a transporter for saturated fats, preventing accumulation in the arteries.

**Flashpoint** - the temperature at which an oil begins to smoke and burn - 419 deg F for grapeseed oil and 375 deg F for olive oil.