

WHY CATER-WELL?

Canola has a very high 11% Omega 3 content and this may result in a slight "fishy" odour when frying. By blending this down to around 5.5% this odour is eliminated even though it has no detrimental effect on the finished product.

The fatty acid content of Cater-Well results in an extended rying life and stability, hence a financial advantage. Scientific research has proven that products baked or fried using Canola Oil have an extended shelf life and much better flavour profile. Rancimat/exelerated oxidation tests show that canola oil is *by far the most stable* of all the common edible oils.

As Caterers it is our duty to ensure that we have the well-being of consumers at heart. For this reason you can proudly inform your customers that you are using the best oil for them in Cater-well.

Southern Oil Limited is based in Swellendam in the Western Cape and has one of the most advanced refineries and a well equipped QC Laboratory.

We are the main Canola Oil Refinery in SA at present.

We also refine other vegetable oils and we are therefore always in full control of the Quality of the oil that we provide to our customers.

MAKE THE DIFFERENCE!



"Cater with Conscience"

Cater-well
CANOLA BLEND

IS HERE!

What you need to know.

"CATERING WITH CONSCIENCE"

One dietary message for consumers has not changed in a decade: eat less fat. This advice aims to help millions to reduce obesity and diabetes and the associated health risks.

In recent years, a new message about fat has emerged - the type of fat in the diet is also important. Trans fats and

Saturated fats must be reduced to the minimum as far as possible. Canola oil is the best blend of fats for

good health. Check out the Dietary Fat Chart,

to compare the more commonly culinary oils

and to learn more about different types of fats.

NOT ALL FATS ARE CREATED EQUAL!

Your body needs fat to provide energy and help you absorb the fat-soluble vitamins A, D, E & K. Certain fats such as omega-3 and omega-6 fats are essential for good nutrition and must be consumed as part of a healthy diet. The Omega 6: Omega 3 ratio of 2:1 in Canola Oil is perfect. It is important to choose fats wisely because some fats are healthier for you than others. Canola oil provides more of the healthier fatty acids than any other commercially available vegetable oil. The high monounsaturated fat content of Canola Oil makes it less susceptible to oxidation and gives it prolonged cooking life. (See Table)

CONSCIENCE TEASING FACTS.

Canola Oil is:

Low in saturated fat: Saturated fat raises the bad LDL cholesterol in your blood and has been linked to increased risk of coronary heart disease.

Unique ratio: Canola oil is unique in that it has the perfect Omega 3:Omega 6 ratio of 1:2.

Cater-well has a ratio of 1:4 which is higher than that of any of the other common cooking oils.

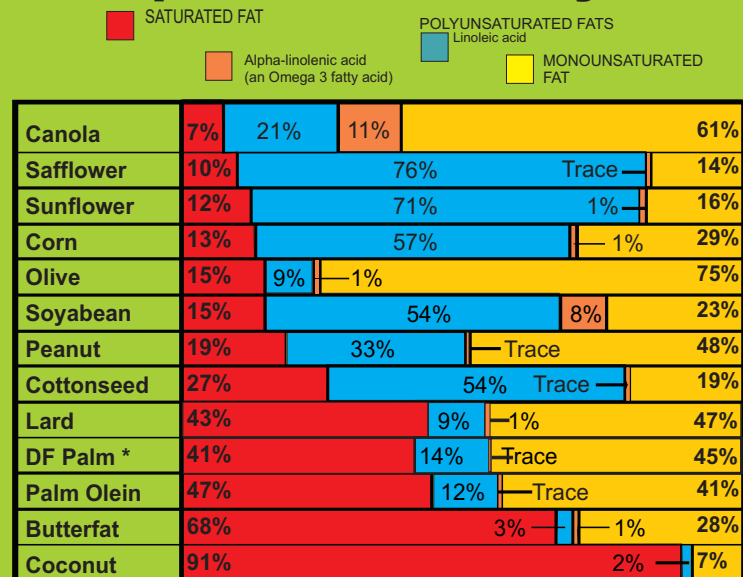
High in omega3 fat: Omega 3 fat must be consumed in your diet as the body is unable to produce it and helps protect against heart attacks and strokes.

High in monounsaturated fat: Monounsaturated fat may reduce the risk of coronary heart disease by lowering bad LDL cholesterol in the blood and helping control blood glucose

Canola oil is a Heartmark holder due to the low saturated fats.

Canola Oil carries the seal of the Cancer Association of SA due to the high Omega 3's and the Omega 3, Omega 6 ratio.

Comparison of Dietary Fats



*Double Fractionated