

# False rumours about canola

The Cancer Association of South Africa (CANSA) has rejected the chain e-mail regarding Canola oil as false and asks members of the public to reject and delete this fraudulent e-mail and not to pass it on.

This e-mail constitutes industrial sabotage and attempts to rubbish an excellent and healthy product namely Canola oil.

There is nothing wrong with Canola oil. In fact the oil is of such a superior nature that CANSA has recognised the product as a 'Healthy Choice' because it contains up to 12% omega-3 fatty acids and an excellent omega-6 to omega-3 fatty acid ratio of 2 to 1.

Analysis of peer-reviewed literature has informed CANSA that the good balance between omega-6 and omega-3 fatty acids found within Canola oil could help to pre-

vent cancer.

In fact the Food and Drug Administration (FDA) of the US has classified Canola oil as GRAS (Generally regarded as safe) and this is the situation in South Africa as well.

Sue Janse van Rensburg, CANSA's CEO, has called on the public to please refrain from sending this Canola hoax e-mail on to friends. In this way the e-mail is kept alive and the untruths are spread even further. Honest manufacturers who are only trying to produce a healthy product are being placed under unnecessary suspicion and stress.

For more information visit [www.cansa.org.za](http://www.cansa.org.za) or contact CANSA toll-free 0800 22 66 22

**Dr Carl Albrecht,**  
**CANSA's Head of Research.**

