

Salute Sante!

SHAPE®

June 2003

HEALTHY NEW SALAD OILS

"Move over, olive oil:

New oils made from hazelnuts, walnuts, **grapeseeds**, avocados and tea leaves that provide similar health benefits are appearing in specialty markets. Like all oils, they contain about 120 calories and 14 grams of fat per tablespoon. And, like olive oil, they're rich in unsaturated fats and contain only small amounts of saturated fat and no heart-unfriendly trans-fatty acids. They're loaded with vitamin E too. The downside: Most are pricier than olive oil and other oils because they are harder to produce. (In fact, it takes a ton of grapeseeds to make a single bottle of oil.)"



WHAT'S NEW ON THE OIL MARKET

Salute Sante! Extra Virgin Cold Pressed Grapeseed Oil

Nutritional Facts: 76 % linoleic acid, an essential fatty acid shown to help prevent high blood pressure and strokes

Characteristics: Greenish color; nutty, buttery flavor with wine-like accents

Best for: Dipping bread; salad dressings; meat, fish or poultry marinades; topping grilled vegetables or fish

FOOD & VINE™ INC.

68 Coombs Street, Suite 1-2
Napa, California 94559

Tel: 707-251-3900

Fax: 707-251-3939

Email: info@grapeseedoil.com

www.grapeseedoil.com

For further information and to access delicious recipes made with grapeseed oil, visit:
<http://www.grapeseedoil.com/Pages/recipes.html>