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CANOLIVE[®]
Premium Cooking Oil

Be Smart!



Health Tip

What is BMI

Body Mass Index, or BMI, is a tool that helps you measure the amount of body fat you have based on your height and weight. To calculate your BMI, simply measure your height (in inches) and weight (in pounds). Multiply your weight by 703. Multiply your height times itself. Now divide the first answer by your height times itself. For example, say you are 5'3" tall (63 inches), and 130 pounds. The first multiplication is simple: $(703 \times 130 = 91,390)$. Now do the second multiplication: $(63 \times 63 = 3,969)$. Finally, the division: $(91,390 / 3,969 = 23)$. Your BMI is 23. If you find this calculation a bit cumbersome, simply go to our website (www.canolive.com.pk) and use our free online BMI calculator in the health tools section.

Interpreting your BMI

If your BMI is below 18.5, you are considered underweight. Consider speaking to your doctor about ways that you can add healthy calories to your diet. If your BMI is 18.5 - 24.9, you are considered to be a normal weight. Keep following a healthy diet and exercise plan to maintain your weight and health. If your BMI is 25.0 - 29.9, you are considered overweight. It is very important to consider making some lifestyle changes that incorporate better nutrition and activity choices. This would include daily exercise and the usage of a cooking low in saturated fats like Canolive.

CANOLIVE

SMART

News

July, 2012

Issue 01

Welcome to the July issue of CanOlive Newsletter, your source for all the news related to your favorite cooking oil, health tips, recipes and much more!

Editor's Note

First of all a hearty Ramadan Mubarak to all as we approach the beginning of the Holy Month. As we fast during the day, remember to hold back on the feasting after sundown and maintain a healthy balance in your diet. This will help you feel fresh and energetic. Judicious use of CanOlive, with its low saturated fats formula, will help you do just this!

As always, this Ramadan look out for special savings on your favorite cooking oil. More on this later!



Did You Know?

CanOlive ideal for salad dressings

Did you know that CanOlive Oil is ideal for making salad dressings not only because it makes great tasting dressings, but also because it may actually make the salad healthier to eat. According to a study, monounsaturated dressings are best for salad nutrient absorption. The type of fat used in dressings has a major impact on how well nutrients are absorbed from salads, according to new research.

<http://www.nutraingredients.com/Research/Monounsaturated-dressings-are-best-for-salad-nutrient-absorption-says-study>

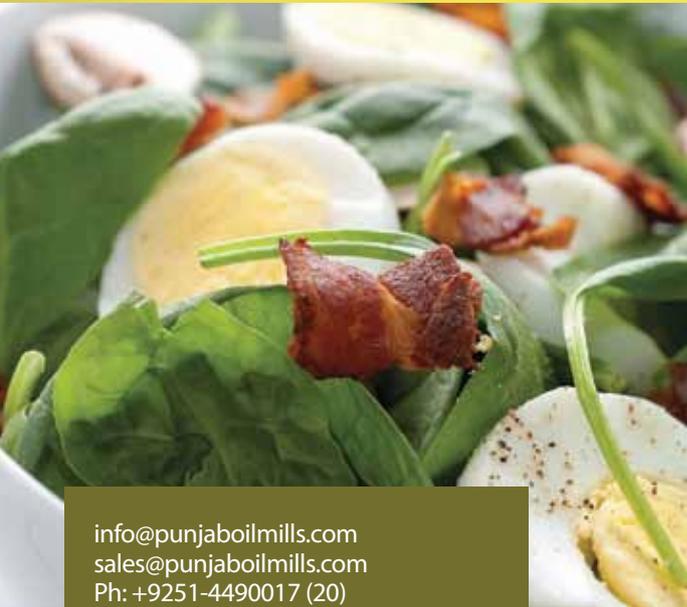
Remember CanOlive is low in saturated fats and relatively higher in monounsaturated fats, making it your ideal choice to partner with your salads for a healthy and nutritious meal. Keep reading for a delicious recipe for a salad dressing.



Recipe

Salad Dressing

Combine 3/4 cups of CanOlive Oil with 1/2 cup apple cider vinegar, 2 tablespoons honey, 1 large crushed garlic clove and salt and pepper to taste. Add a pinch of red chilly powder for an optional twist! Mix thoroughly and set aside for a half hour to combine the flavors. Drizzle over your favorite summer salad and enjoy!



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Olive to the max!

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Ramadan Offers!

This Ramadan we have exciting offers in store for you. Enjoy possible savings of up to a whopping **Rs. 1,000/-** on our 5 X 1 Liter PP dispenser carton by finding guaranteed cash prizes inside. Plus price reductions on all our other packs of up to **Rs. 160/-** per pack.

