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CANOLIVE[®]
Premium Cooking Oil

Be Smart!



Health Tip

Know your Fats

It is important to know that it is not only the quantity of oils/fats that you eat, but also the type of oils/fat that you consume that has an effect on your health, especially heart or cardio-vascular health.

Remember that "bad" saturated are to be avoided as they increase the risk of heart disease while "good" unsaturated fats have the opposite effect. Thus it is important to use liquid cooking oils low in saturated fats such as CanOlive.

Unsaturated fats are also of two types: mono-unsaturated and polyunsaturated. While it is believed that unsaturated fats in general lower cholesterol levels, there is a need to control the amount of polyunsaturated fats as such fats are prone to oxidation and may contribute to heart disease by increasing inflammation. On the other hand monounsaturated fats are more stable than polyunsaturated fats and are known to have a positive impact on heart health. CanOlive Oil is a good source of monounsaturated fats due to the high percentage of Canola Oil present.

CANOLIVE[®]

SMART

News

Oct, 2012

Issue 02

Welcome to the October 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 advance Eid Mubarak to all our customers! As food and cooking is an integral part of the daily activities on this Eid; keep reading for some useful tips and recipes! However, do remember to eat healthy and eat smart. FYI we have included some useful information on various types of fats and their impact on your health in this issue.

Last, but not the least, a big THANK YOU to all for the overwhelmingly positive response to our new Television Commercial. We are delighted that you liked it and hope you will continue to support us as always.



Did You Know?

CanOlive, free from harmful chemicals

We are the only Pakistani company to test our cooking oils for 36 different harmful chemicals (including pesticides, heavy metals and carcinogenic compounds) from Eurofins Analytik Labs in Germany. So you get the purest and healthiest cooking oil, free from harmful chemicals, when you buy CanOlive. That is why CanOlive is the smart choice when it comes to your and your family's health!



Eid Special Recipe

Namak Pani Ka Gosht (Salted Water Mutton)

Ingredients:

Mutton (1 Kg with bone, do not trim the fat)
Salt (as per taste)
Black Pepper (as per taste)
Garlic (chopped 1.5 tsp.)
Ginger (chopped, 3 tsp.)
White Cumin (Whole, 1 tsp.)
Green Chilies (chopped, 1.5 tsp.)
Sour Yogurt (1/2 cup)
Water (1/2 cup)

Method:

Combine all the ingredients together in a heavy bottomed pot and bring to a boil. Immediately lower the flame to low and cover the pot with a heavy lid. If necessary seal the lid with dough and put a weight on top to prevent steam from escaping. Check after one hour or so to check if the meat is

tender. When the meat is fully cooked remove the lid and increase the flame so the fat separates from water. Then fry the meat for a couple of minutes. Serve hot garnished with chopped ginger, green chilies and fresh coriander.

Tip: Grind the cumin between your fingers before adding to the pot to release the flavors.

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