



Oils of Aloha®

Fact Sheet:

Macadamia Culinary Oils

Though we've known for years that macadamia nuts are delicious to eat, recent scientific evidence reveals that oil pressed from them, used in cooking and salads, offers a bounty of special benefits for our physical health. What follows is a summary of some of the impressive new findings and health benefit data on macadamia culinary oil.

The fat in macadamia oil is 80% monounsaturated – the highest percentage (and most beneficial for our health) among popular cooking oils. At 80% monounsaturated macadamia oil has a higher concentration than any other commercially available cooking oil, including olive oil, which is 74% monounsaturated. Olive oil is regularly recommended by physicians and nutritionist for its highly monounsaturated content and its beneficial effect on our HDL/LDL ratio (“good” cholesterol vs. “bad” cholesterol). Primarily because of this recognition of its beneficial cardiovascular effect, olive oil

consumption in the United States has tripled in the past decade. Studies of the “Mediterranean diet”, in which olive oil plays a major role, were prompted by the observation that heart disease, high blood pressure, colon cancer and arthritis are almost unknown in those areas of the world in which olives are widely grown and consumed, and a dietary reason was suspected. By comparison, red meat eating countries such as the U.S. have a high incidence of those diseases. Though olive oil has now been recognized as a beneficial component in our diet because of its relatively high monounsaturated character, the even better nutrition findings of the oil expeller pressed from macadamias are just now becoming known and that oil promises to be even more beneficial to our health.

Macadamia oil is the lowest of all culinary oils in Omega 6 fat.

Olive oil, which cardiovascular physicians agree is beneficial to our health, is low in Omega 6 fatty acids (8%). Macadamia oil is even lower (3%), while most of the other common vegetable oils such as corn, soy and safflower have a much higher level—20% to over 50%. Even canola oil (which is second best to olive oil at 58% monounsaturated), with a high Omega 6 content of 26%, has only a 1 to 2.6 ratio of Omega 3 to Omega 6. High levels of Omega 6 fatty acids counteract the beneficial effect of Omega 3 fatty acids such as those found in fish. Olive oil has a 1 to 8 ratio of Omega 3 to Omega 6 fatty acids. For those concerned about heart disease and high blood pressure, as most of us living a Western lifestyle should be, countering the difficult-to avoid Omega 6 fats in our “standard” diets by adding or replacing them with healthy amounts of Omega 3 fats may dramatically improve our chances of avoiding the dietary reasons for heart disease, colon cancer and arthritis.