



CAMPUS DINING & RICE OIL

Long before it became the Cinderella Oil of the Fast Food Industry, Campus Dining began using Rice Oil exclusively for deep frying. In searching specifically for a deep frying oil to replace hydrogenated frying oils which contain trans fatty acids, (http://en.wikipedia.org/wiki/Trans_fat) Campus Dining Director, Karen Nelles finally met with success in the form of Rice Oil.

Because Rice Oil is not hydrogenated, its' lack of trans fatty acids, and its' unusually high smoking point, Campus Dining adopted its use in all it's restaurants several years ago. Though Campus Dining does not promote the consumption of fried foods on a regular basis, through the exclusive use of rice oil for deep frying, it has sought to offer the least harmful preparation for individuals choosing this option. Take a look at the information and comparison charts below to find out more about this specialty oil.

- Now being used by Campus Dining restaurants for deep frying to eliminate Trans Fat when using this process.
- Foods cooked with Rice Oil absorb up to 20% less oil! Less oil absorbed results in reduced calories, better, lighter tasting food and enhanced flavor and palatability. Less oil absorbed also makes it more economical.
- Rice Bran Oil is hypoallergenic. For those who have an intolerance to other cooking oils this is an excellent alternative.
- Rice bran oil creates less polymers than other oils meaning better flavor and easier clean-up.

The American Heart Association (AHA) recommends the average intake of fat should be 30% of your total caloric intake. This fat intake should consist of balanced fat, which provides nutrients that are essential to sustain life. A Balanced fat intake should contain approximately 30% saturated fat, 33% poly-unsaturated fat, (containing Essential Fatty Acids) and 37% mono-unsaturated fat.

COMPARISON OF SMOKE POINT AND BALANCE OF FATS IN SOME COMMONLY USED OILS:

OIL TYPE	SMOKE POINT	MONO-UNSATURATED FAT	POLY-UNSATURATED FAT	SATURATED FAT
RICE BRAN OIL	490°	47%	33%	20%
OLIVE	360°	77%	9%	14%
CANOLA	450°	61%	33%	7%
PEANUT	460°	48%	34%	18%
SOYBEAN	440°	24%	61%	15%
GRAPESEED	485°	14%	77%	9%