

Recommendations for Frying Mediums

A high consumption of saturated fat increases the risk of Coronary Heart Disease. Deep fried foods are a popular takeaway food in New Zealand, and are a major source of saturated fat in the New Zealand diet.

The foodservice industry can make improvements to the nutritional profile of deep fried foods through the use and promotion of healthier frying mediums. Due to the large volume of deep fried foods consumed in New Zealand, these improvements would have a significant impact on the food supply.

Recommendations

Use frying mediums with a total saturated fat content equal to or less than 20%, a trans fat content of less than or equal to 1% and a linolenic fatty acid content less than 3% of the total fatty acids.

Frying mediums such as high oleic sunflower oil, olive oil, high oleic, low linolenic canola oil, rice bran oil, and some blends based on these, may fulfill this criteria.

Promote the labelling of individual fats and/or oils present in the wholesale frying mediums.

Encourage the food industry to label packs with the frying mediums profile. Discourage the use of generic terms such as 'vegetable oil' or 'vegetable oil blend' on packaging.

For intermittent frying operations use a frying medium that contains E900.

E900 is an anti-foaming agent. This additive has been shown to protect the fat in intermittent frying operations. However it does not have an added protective effect in continuous frying operations.

Promote the awareness of the nutritional advantages of frying mediums high in monounsaturated fats to both industry and consumers.

Encourage food industry and consumers to look beyond the generic term 'vegetable oils'. Promote the concept of high monounsaturated frying mediums.

Discourage the use of term 'cholesterol free'.

'Cholesterol free' is often used in conjunction with saturated and hydrogenated vegetable frying mediums. This is misleading for consumers as they believe they are consuming one of the healthier profile frying mediums.

The Heart Foundation does not recommend the frequent consumption of deep fried foods

They are typically high in fat, increasing the risk of obesity. Also some components of frying mediums – saturated fats, trans fats and the breakdown products of some polyunsaturated fats may increase the risk of heart disease.

Suitability of fats and oils for different cooking practices

Fats and oils	Deep-frying (commercial)	Deep-frying (domestic) /shallow frying/stir frying	Salad oils/baking
Olive oil	☑	☑	☑
Rice bran oil	☑	☑	☑
High oleic sunflower oil	☑	☑	☑
High oleic sunflower oil/cottonseed blend	☑	☑	☑
Cottonseed	☒	☑	☑
Sunflower	☒	☑	☑
Soybean	☒	☑	☑
Canola	☒	☑	☑
Peanut	☒	☑	☑
Beef tallow	☒	☒	☒
Palm/palm olein	☒	☒	☒

☑ This oil is recommended for this practice.

☒ This oil is not recommended for this practice.

Blends of these oils may also meet the Heart Foundation recommendations for deep frying.

Due to variations in oil composition, products would require a nutrient specification to confirm compliance.

Deep frying (commercial)

These oils are subjected to high temperatures and prolonged use, therefore a stricter recommendation has been applied.

Deep-frying (domestic)/shallow frying/stir frying

These oils are subjected to high temperatures and are not recommended for reuse.

Salad oils/baking

These oils are not subjected to high temperatures and repeated use.