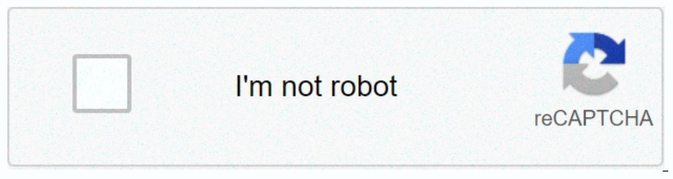


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# Alfa one rice bran oil nutritional information

With all advertising targeting heart disease and high cholesterol and with some websites that proclaim it the healthiest oil in the world, best for bodybuilders and even menopausal women, rice bran oil is the oil I have the most questions about. How much healthier is it? What's cooking like? And how do you know? Here are some answers... Initially launched in 2006 in New Zealand by Old Fashioned Foods, rice bran oil (alpha one name) experienced strong growth and quickly became New Zealand's best Bran rice oil brand, even with New Zealand chefs using more rice bran oil than olive oil. Shortly after the launch in New Zealand it was released in Australia. Despite its roots in New Zealand, it was, and remains, produced and owned by a Thai company Kamolkij Group. Kamolkij named Old Fashioned Foods to market Alfa One oil in 2004. The oil is produced and bottled in Thailand and takes approximately 18 days to ship before landing on Australian soil. How rice bran oil is made rice bran is rich in natural oil (15 to 20% oil). The oil is extracted from the bran and germ - the most nutritious parts of the rice grain - which represent only 8% of the total weight of the grain, but containing approximately three quarters of the total oil. The rice bran oil side by side with three other oils the alpha One brand slogan Good for you, good for your meal stands out along with its label claims to be 'The most versatile oil in the kitchen' with 'Cholesterol Free'. On the supermarket shelf, you see an attractive option. I aligned it against olive oil, canola and grape seed oil using these main brands: Lupi Olive Oil Crisco Canola Oil Azalea Grapeseed Oil Rating ... Taste: 8/10 I found Bran rice oil the most subtle in flavor - almost neutral - compared to olive oils, canola and grape seed. This neutral flavor does not interfere with the taste of other ingredients, so it is good for delicate flavors such as seafood, white wine-based sauces, tempura or desserts. My first impression was that it was a hair oil. The advantage of this low viscosity is that a little goes a long way to covering food and pans. This can only save as little as a teaspoon at a time, but they add up and so do the saved kilojoules! This also means that food absorbs less oil, especially compared to olive oil. For roasting, I liked rice bran oil more than olive oil - which sometimes leaves a thick fatty residue in food - or canola, and on a par with grape seed, certainly due to its high smoke point. When it came to salad dressings, rice bran oil lost in olive oil (mind you, so did others). The fresh and distinctive taste of olive oil was instantly recognizable and pleasant. The others knew like any vegetable oil. I also think that if you're going to eat unso cooked oil, you're better off with a cold-pressed oil, so extra virgin, cold pressing is my choice. Nutrition: 7/10 Nutritionally, Nutritionally, Bran oil is a healthy oil suitable for anyone who wants to eat healthily and lower their cholesterol. Unlike other cooking oils, it has an unusual mixture of fatty acids, containing about half of polyunsaturated fats and half monounsaturated fats (other oils tend to be mainly one or the other). Olive oil is high in monounsaturated, while grape seeds and sunflower oil have more polyunsaturated. Rice bran oil has been tested in a number of studies (including human studies). Here are the nutritionally pros and cons: On the plus side 1. OryzanolMuch has been made from oryzanol naturally sourced rice bran oil (technically gamma-oryzanol), a unique vegetable sterol in rice that reduces the absorption of cholesterol in the body and therefore reduces cholesterol levels in the blood. It also acts as an antioxidant. Oryzanol has been suggested for conditions such as menopause symptoms, mild anxiety, upset stomach, such as a sports supplement and horse conditioning supplement. There's no real evidence that it works for any of these. According to the Heart Foundation, a daily intake of 2 to 3 grams of plant sterols has been shown to reduce cholesterol levels by up to 10% depending on age and individual metabolism. Vegetable sterols are added to cholesterol-lowering margarines such as Logicol and Pro-activ. You'll get 0.8g of a teaspoon of these spreads which is more than the 0.12g you get from a teaspoon of rice bran oil. The amount present in rice bran oil is small (usually 0.5 to 1%) so unlikely to have a noticeable effect on lowering cholesterol. 2. Vitamin ERice bran oil contains some vitamin E as tocopherol, although not as much as sunflower oil or wheat. It also has tocotrienols, alternative forms of vitamin E, which add to its total content. 3. Not the amounts of hydrogenated traces of trans fats are naturally produced in some oils and you will see them listed on the label. They are not the result of hydrogenation (see my article on trans fat) but heating during processing. Looking at the four oils, they are all virtually free of trans fats, which means less than 1% (grape seed has 0.9% and canola has 0.8% or 0.8 g per 100g). According to Heart Foundation criteria, no more than 1% of the fat in the oils should come from trans fats and no more than 20% of saturated fats, but rice bran oil contains 22% saturated fat. Fat saturated with total oil fat (%) Fat Monounsat'd (%) Polyunsat'd fat (%) Trans fat (%) Rice bran 97* 22 41 34 0 Olive 100 15 75 0 Canola 100 9 60 30 1 Grape seed 101 10 25 65 1 Heart Foundation suggestions n/a <20 Not set not set <1 All values rounded to the nearest whole number. *Other non-saponifiables and waxes make up the remaining 3%. 4. High smoke pointThe bran oil of the pot has a high smoke point of 250 oC, so you can cook at high temperatures before it starts to burn or smoke - a great advantage over other oils. Downsides There are three nutritional disadvantages you need to Aware of: 1. Industrially processed, NOT cold pressed The oil extracted from the rice bran is stale quickly stale once pressed. Unlike olive oil, it is not cold pressed. To refine it, a solvent is used to extract the oil from the bran that is then evaporated (and the post-production of residual solvents is tested to double check the traces). This is followed by neutralization, bleaching, wintering and dedourization steps, as with most other oils. This creates refined and stabilized oil, resulting in long service life and a high point of smoke. However, what is lost is the naturalness of the oil. The list of ingredients in Bran extra-cold rice bran bran oil seems simple without additives (see above), but it's not as 'natural' as you might think. I found the extra-cold filtered term a little confusing. At first glance this could be confused with 'extra-virgin cold pressed', a well-known method of producing extra virgin olive oil. However, 'extra-cold leaked'? I wasn't sure what benefits existed that the oil was extra cold during filtration, especially when rice bran oil is subject to high temperatures during the extraction phase before filtration. So I came by phone to the Alfa One Old Fashioned Foods marketing company and received the following information from brand manager William Papesch. Cold filtering eliminates hard fats, which are saturated fats. Cold filtration is common in many food products, particularly beverages. It is designed to facilitate filtration, as all hard solid matter solidifies and can be separated quickly. I understand! Don't be fooled. It's NOT the same as extra virgin cold pressed olive oil! 2. Higher in saturated fatIn 22% saturated fat, rice bran oil is at the top for oils and above the criteria of the Heart Foundation. It is on par with cottonseed oil at 27% but higher than olive oil at 15% saturated fat, grape seed 9% and canola 8%. 3. High in linoleic acid, low in omega-3Rice bran oil has little omega-3 (alpha-linolenic acid) and a lot of omega-6 (linoleic acid). However, this low ALA combined with a higher saturation level gives rice bran oil excellent frying qualities, long stability and frying life without hydrogenation, so this is where it shines. Comfort: 8/10 Good Package Features - Alfa One Rice Bran Oil comes in a small 500ml plastic bottle, which is a practical size for small homes, smaller than the usual 750ml or 1-liter bottle. The design of the bottle is with a small circumference so you can get a good grip when pouring. It has a tight plastic screw-down lid with an easy-to-pour lip, avoiding dripping. Plus, it's light and doesn't break if it falls. The bottle has recycling code number '1' (PETE) in the base. For this type of plastic, there is no solid evidence that chemicals such as polyvinyl chlorides (PVCs) can leach the oil as the bottle bottle Still glass bottles do not raise such inquiries. The Rice Bran Oil bottom line is perfect for high temperature cooking, such as sautéing or wok cooking. If you want a light, neutral, high-temperature resistant oil that can help lower cholesterol, rice bran oil is a better option. I would like to keep a bottle in the closet to cook over high heat, such as roasting or frying, but still cling to some extra virgin olive oil to season salads, pasta, vegetables or just to soak the bread. Research by student nutritionist Airlie Lacy. 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