

How to choose...

SALAD & COOKING OILS

Sorted by price per litre*

	Size ml	Price	\$ per litre	Ingredients	Taste Comments
Top Cook Salad and cooking oil 	500	\$2.38	\$4.76	vegetable oil (canola or soya oil)	A very mild flavour makes it suitable for baking
Amco Canola oil 	450	\$2.64	\$5.87	canola oil, antioxidant (319)	Pleasant light taste
Sunfield Sunflower oil 	500	\$3.90	\$7.80	vegetable oil (sunflower oil), antioxidant (319, 307)	Very subtle flavour with a hint of butter
Alfa One Rice bran oil 	500	\$4.99	\$9.98	extra cold filtered rice bran oil	A rounded taste with a slight nutty flavour.
Lupi Saporito Cold pressed extra virgin olive oil 	1000	\$15.95	\$15.95	cold pressed extra virgin olive oil	Fresh tasting olive oil with a fruity hint
Lee Kim Lee Pure sesame oil 	207	\$4.76	\$23.00	pure sesame oil	A good sesame flavour, great as a dipping sauce
Healtheries Flaxseed oil 	250	\$9.99	\$39.96	flaxseed oil	Subtle bittersweet taste that becomes quite buttery
The Grove Extra virgin cold pressed avocado oil 	250	\$11.99	\$47.96	extra virgin cold pressed avocado oil	A good distinct flavour, ideal with pasta, or marinades/BBQ's
OIL SPRAY					
Chef Mate Canola oil cooking spray 	200	\$6.35	\$31.75	water (55%), butane (25%), canola oil (12%), emulsifier (471) (5%), lecithin (322) (3%)	Less oily than straightforward oils
Lupi Cold pressed extra virgin olive oil pump spray 	200	\$6.85	\$34.25	cold pressed extra virgin olive oil	A distinct olive oil flavour. A good way to use sparingly

* Purchased from Woolworths Grey Lynn and New World College Hill, Auckland. (These examples were chosen to illustrate the types of products available in supermarkets. Other oils are available in Health Food stores and specialty stores).