

MAZOLA CORN OIL FACT SHEET

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MAZOLA® CORN OIL

- A recent study shows Mazola Corn reduces cholesterol more than extra virgin olive oil^{1,2}
- Contains 4X more cholesterol-blocking plant sterols than olive oil and 40 percent more than canola oil³
- Contains 2 grams saturated fat per serving
- 0 grams trans fat per serving
- 100 percent pure
- A cholesterol free food
- Helps all your meals taste great

ABOUT PLANT STEROLS

Plant sterols are plant-based micro-nutrients naturally present in fruits, vegetables, nuts, seeds, cereals, legumes and corn oil.⁴ Clinical studies indicate that when consumed as part of a diet low in saturated fat and cholesterol, plant sterols can help reduce the absorption of cholesterol in the gut, which in turn can lower LDL blood cholesterol.⁵ Mazola Corn Oil contains 4X more cholesterol-blocking plant sterols than olive oil and 40 percent more than canola oil.³ Experts recommend consuming between 1,500-3,000 mg of plant sterols per day.

HOW TO ENJOY MAZOLA CORN OIL

- Great for sautéing, stir-frying, grilling and baking.
- High smoke point allows for easy cooking.
- Mild taste allows for the natural flavors of your food to shine through for delicious meals.
- Visit [Mazola's Healthy Recipe Library](#) for easy, healthy recipes, including Ingrid Hoffmann's exclusive, new recipe "Chicken a la Pizza," made with Mazola® Corn Oil. This recipe comes in a variety of variations and provides a healthy twist on a family classic.

PACKAGE SIZE

- Available in various sizes
- Average Retail Price for a 40 oz. bottle is \$3.49

1. Maki KC, Lawless AL, Kelley KM, Kaden VN, Dicklin MR. Benefits of corn oil compared to extra-virgin olive oil consumption on the plasma lipid profile in men and women with elevated cholesterol: results from a controlled feeding trial. Poster session presented at: American Society for Nutrition's Advances & Controversies in Clinical Nutrition Conference; 2013 Dec 5-7; Washington, D.C.

2. Feeding study funded in part by ACH Food Companies, Inc.

3. Based on analysis of corn oil and 2013 USDA comparison of other cooking oils: Corn Oil has plant sterols content of 135.6 mg/serving vs. 30.0 mg/serving for Olive Oil, 40.8 mg/serving for Vegetable Oil, and 93.9 mg/serving for Canola Oil.

4. USDA and USDHHS 2010

5. FDA 2000, 2010; Wu et al. 2009; Demonty et al. 2008, Ellegard et al. 2008; Mensink et al. 2010 – <http://www.fda.gov/Food/Guidance-ComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064919.htm>