

# HSC Nutritional Standards: oils and spreads

Nutritional Standards: Oils and Spreads

## Nutritional Standards

5.1 All cooking oils must be high in monounsaturated or polyunsaturated fats.

5.2 At least 75 per cent of all spreads used and on display) must be based on monounsaturated or polyunsaturated fats.

5.3 Salad dressings must be based on soya, rapeseed, corn, sunflower and olive oils.

## What foods are included

- monounsaturated and polyunsaturated oils such as maize, corn, safflower, sunflower, soya, olive and rapeseed
- spreads including low fat spreads made from these oils
- oil-based salad dressings containing unsaturated oils.