

Canola Oil vs Vegetable Oil (vsdiff.com)

Property	Canola oil	Vegetable oil (blend)
Primary source	Low-erucic rapeseed (cultivar)	Mixed plant oils (soy, corn, sunflower, cottonseed, etc.)
Typical fatty acid profile	~7-8% saturated, ~60-65% monounsaturated (MUFA), ~25-30% polyunsaturated (PUFA)	Variable — <i>often</i> higher PUFA when soybean/corn dominate; saturated 8-15% (range)
Omega-3 (ALA)	Present (\approx 7-11% ALA of total fats)	Often low or <i>negligible</i> unless flax or canola included
Smoke point (refined)	~400-450°F (\approx 200-232°C)	~400-450°F (\approx 200-232°C), <i>varies by blend</i>
Flavor	Neutral / light	Neutral to mildly beany (depending on oils used)
Processing	Often <i>refined</i> , cold-pressed options exist	Usually <i>refined blends</i> ; composition depends on supply/pricing
Common uses	Frying, baking, dressings, general cooking	All-purpose cooking, frying, industrial food production

Source: <https://vsdiff.com/canola-oil-vs-vegetable-oil/>