



Nutritionals





High Oleic Sunflower Oil

Becoming a common name in the culinary culture.

HO sunflower oil is developed through standard breeding techniques and therefore naturally non-GMO.

All sunflowers in the United States are non-GMO.

There are no plans to genetically modify sunflowers.

Ingredients – 100% High Oleic Sunflower Oil

Free of **TBHQ**, Synthetic shelf stability additive

Free of **PDMS**, Silicone based antifoam additive





High Oleic Sunflower Oil

*Deep Frying - Sautéing - Searing - Grilling - Roasting - Dipping - Dressings
Sauces - Marinating - Baking*

- No Hexane Solvent Extraction
- Non-GMO
- Trans Fat Free
- Smoke Point >450°
- 3x's Vitamin E of Olive Oil
- Non-Winterized
- 18 - month shelf life





Non – Winterized

Offering an oil that is ahead of the game.

- Winterization is the process of stripping the natural waxes out of oil.
- Winterizing can remove vital nutrients and vitamin E from oil.
- Wax can be seen in the bottom of *CM* oil and gives a slight cloudy appearance.
- Waxes do not affect taste or cooking profiles.
- 3x's the vitamin E of Extra Virgin Olive Oil





- Trans Fats only damage heart and health.



SMOKE POINT

> 450°

Deep Frying
Sautéing
Searing

390-449°

Baking
Sautéing
Oven Cooking

	MONOUNSATURATED	POLYUNSATURATED		SATURATED	TRANS FATS
		Linoleic C18:2	Linolenic C18:3		
	Healthy/Essential	Avoid when heated	Avoid when heated	Avoid	Avoid

CO Mills HIGH OLEIC Sunflower *	86 %	7%		7%
HIGH OLEIC Sunflower	82%	9%		9%
HIGH OLEIC Safflower	78%	13%		9%
Almond	70%	21%		9%
HIGH OLEIC Canola/Rapeseed	70%	20%	3%	7%
MID OLEIC Sunflower	65%	26%		9%
Avocado	65%	18%		17%
Peanut	49%	33%		18%
REFINED Sesame	45%	42%		13%
Rice Bran	41%	34%	1%	24%
Ghee	32%	3%		65%
Corn	25%	60%	1%	14%
Soybean	24%	53%	8%	15%
LINOLEIC Sunflower	19%	68%	1%	12%
REFINED Coconut	6%	3%		91%

Colorado Mills
Average

Trans fats when heated to high temps

Trans fats when heated to high temps

Trans fats when heated to high temps

Trans fats when heated to high temps

Trans fats when heated to high temps

Trans fats when heated to high temps



Heart Healthy

High oleic oils' important role

- High oleic vegetable oils can play an important role in managing cholesterol and reduce the risk of coronary heart disease.
- The FDA has approved a new qualified health claim for consuming oils with high levels of oleic acid to reduce coronary heart disease risk. Using oils that are higher than 70% oleic acid (monounsaturated fat) as a replacement can lower overall cholesterol levels and heart-damaging low-density lipoprotein (LDL) cholesterol levels.
- Higher oleic acid contents have greater benefits on the heart.

High Oleic Canola – 75%

High Oleic Safflower – 78%

Extra Virgin Olive Oil – 72%

High Oleic Sunflower Oil – 82%

Colorado Mills' High Oleic Sunflower Oil – 86% *average





Nutritional Facts

High oleic oils' important role

Nutrition Facts

servings per container
Serving size (14g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 2mg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



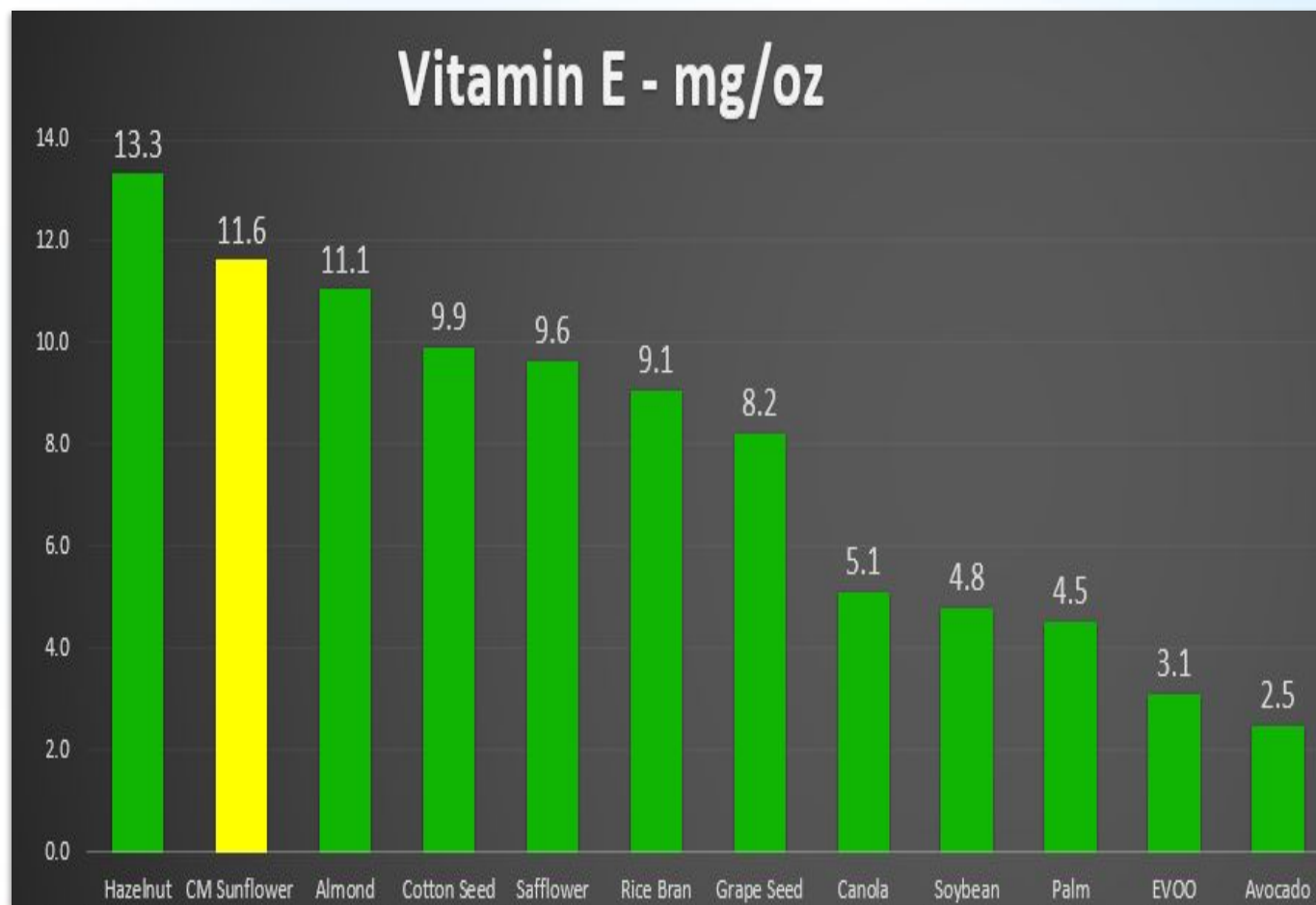


Vitamin E

Not all oils are the same

Vitamin E functions mainly as an antioxidant, which means it helps protect cells from damage caused by free radicals.

- Anti-Aging ingredient in skincare products
- Help prevent coronary heart disease
- Support immune function
- Prevents inflammation
- Lowers the risk of cancer





Connecting Farms and Tables

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