

# OVĀVO | HEALTHY FATS & OILS

OVĀVO harnesses the mainstream popularity of fresh avocados, offering a stable and scalable freeze-dried powder ingredient for food & beverage manufactures, looking to develop better performing products with a point of difference.

**OVĀVO is high in healthy fats, enabling superior product development by improving texture, mouthfeel & craveability. Fats which keep you fuller for longer, meaning you snack less & feel good about eating decisions.**

## HEALTHY FATS

	powder extract	Extra Virgin	Extra Virgin	RBD	RBD	RBD	RBD	RBD	Butter
	OVĀVO	Avocado oil	Olive Oil	Palm Oil	Coconut Oil	Grapeseed	Soybean Oil	Canola	Butterfat
FAT	65-75%	100	100	100	100	100	100	100	82
Saturated Fat	11-14%	11-28%	15	48	93	11	15	10	54
Unsaturated Fat	85-88%	74-89%	85	52	7	89	85	90	46
Monounsaturated Fat	70-85%	46-91%	75	38	5.5	22	22	60	43
Polyunsaturated Fat	7-15%	8-21%	10	10	1.5	66	63	30	3
Trans Fat	zero	zero	zero	trace	trace	trace	trace	trace	3
Low MW saturates	trace	trace	trace		82				18
Palmitic Acid	11.50%	11-26%	12	44.00	8%	6	10	4	32
Stearic Acid	0.50%	0.1-1.3%	2	4.50%	3%	4	3.5	2	11
Palmitoleic Acid	7.00%	4-17%	0.9	1.00%		1	0,2	0.2	3
Omega 9 (Oleic Acid)	68.00%	42-75%	75	38%	6%	21	22	61	22
Omega 6 (Linoleic Acid)	12.50%	7.8-19%	9	10.00%	1%	60	53	2	3
Omega 3 (Linolenic Acid)	0.80%	0.5-2.1%	0.7	0%		0.2	9	11	1

Most common oils have various nutritional deficiencies. A well-balanced oil has low saturated fatty acid (<20%) The ideal is to have high monounsaturates (18:1, oleic) which characterises avocado and olive oils. Whilst some polyunsaturates are desirable, the human body only needs a low amount. Too much linoleic acid can also be detrimental. Oils high in saturates (such as palm & coconut) can raise 'bad' LDL cholesterol in your blood, increasing the risk of heart disease and stroke. All claims about the health of coconut oil are unfounded, with any literature quoted not being peer reviewed. Values are Codex standards.

## COMPARISON TO OIL

There are a number of health and functional benefits of using avocado powder over processed oils:

- Oils vary significantly in density, making them difficult to dose consistently by volume, and can leave residues which, when in thin films, go sticky, rancid & smelly.
- Majority of oils are RBD (refined, bleached & deodorised) which strips natural nutrients and results in harmful MCPD and GE ester contaminants found in highly processed oils such as palm, coconut, soybean, canola, grapeseed.
- Oils are more exposed to oxidative stress & chemical changes under high temperature environments, resulting in harmful trans fatty acids.
- Oils can vary significantly in quality, increasingly found to be adulterated with cheaper, lower-quality oils.
- Oils have none of the health & satiety benefits from the fibre, protein & vitamin content present in the powder.

## ADDITION RATES

Avocado powder is easy to weigh out, consistent in quality, and requires low per serve dosage for organoleptic benefits (typically between 1 – 5% addition rate)

The low water activity and higher stability of avocado powder also make it an attractive alternative to avocado puree, which is limited in applications and far more prone to enzymatic browning.

