

SUNFLOWER SEED OIL



Our sunflower seeds are sourced from select certified organic growers and cleaned to Food4Change quality standards. They are then cold-pressed at our facilities to yield a nutritious, light-tasting oil. Sunflower seeds, provide a healthy source of essential fatty acids; including oleic and linoleic acid.

Quick Facts:

- Sunflower oil has a high smoke point of 437 °F, making it a great option for cooking and frying foods
- Use in salad dressings, dips, sauces, juices, garnished, or in spreads and pesto
- Free of cholesterol and sodium
- Light nutty taste
- Supplement quality product
- Contains omega 3-6-9 fatty acids, such as oleic and linoleic acid
- A good source of vitamin E, B, and phytosterols

Nutrition Facts

Serving Size 2 scoops (28g)

Amount Per Serving

Calories **110**

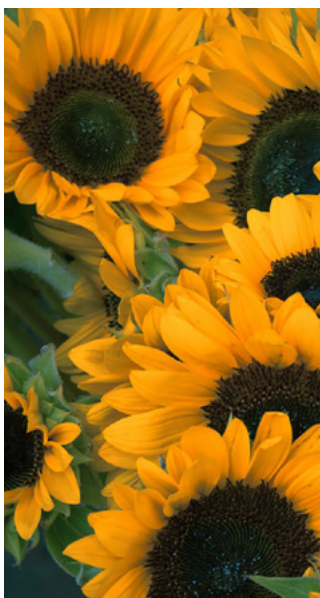
% Daily Value*

Total Fat 4g	6%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 2mg	0%
Carbohydrate 3g	2%
Fibre 3g	1%
Sugars 0g	0%

Protein 19g

Vitamin A	0%
Vitamin C	4%
Calcium	40%
Iron	4%

*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.



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