

REMEMBER – MOST COMMERCIAL COOKING OILS ARE EXTRACTED USING HEAT AND CHEMICALS A PROCESS WHICH DESTROYS ALL THE NATURAL GOODNESS IN THE OILS. CHOOSE ONLY NATURAL COLD PRESSED OILS IN YOUR HEALTHY DIET.

Because all our oils are natural and unrefined they should be stored in an airtight bottle away from heat and direct sunlight.

PURE NATURE PRODUCTS
High Quality Cold Pressed and Unrefined Oils

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**PURE NATURE
PRODUCTS LTD**

**PURE COLD PRESSED AND
UNREFINED SESAME AND
PEANUT OIL**

CHOLESTEROL EXPLAINED



PURE NATURE PRODUCTS LTD

Pure cold pressed and unrefined SESAME OIL

Cold pressed oils are extracted using no heat or chemicals and are then only filtered until perfectly clear. NO harmful refining process involving heat, bleaches or deodorants is used. Therefore the oil retains all it's natural colour, taste and smell as well as its natural vitamins and minerals in their purest forms. These oils are naturally rich in vitamins A,B,D and E as well as lecithin.

THE OILS WE PRODUCE

Pure Sesame oil

This rich golden oil is extracted from sesame seeds which have not been roasted. It is full of all the natural vitamins and minerals as well as the taste and smell of pure sesame seeds. It is ideal used cold in dressings, dips etc or for shallow frying.

Mild Roasted Sesame Oil: The seeds are only lightly roasted to give the oil a nutty flavour and a delicate aroma. It is a gourmet oil used to flavour food, usually added after cooking as a garnish. It is ideal in dips, dressings, stir fries and oriental cooking.

Dark Roasted Sesame Oil: By popular demand we have started producing dark roasted sesame oil. This oil is ideal in traditional Chinese and oriental cooking and has the strong roasted flavour and aroma sort after by lovers of this gourmet oil.

Pure Peanut Oil: Our peanut oil is pressed directly from raw cleaned peanuts and then filtered to produce a clear golden oil that is unadulterated and retains its natural nutty taste and smell. Ideal used cold in dressings etc and for shallow frying in oriental cooking and excellent when cooking fish.

CHOLESTEROL EXPLAINED

Despite its bad publicity cholesterol is necessary and important to our bodies. It is a part of the membranes that surround every living cell, it helps transport essential fatty acids around the body and it helps produce our hormones and keeps our nerve fibers in good condition.

HOWEVER there are two types of cholesterol:

Low Density Lipoprotein or **LDL** is harmful to our health while **High Density Lipoprotein** or **HDL** is beneficial to our health. HDL cholesterol is produced in the liver.

LDL, the **BAD** cholesterol, is found in saturated fats and is usually solid at room temperature. It encourages the deposits of cholesterol in our arteries which can lead to heart attacks and strokes. It also blocks the healthy properties of the beneficial fats.

To ensure a healthy balance it is important to limit the use of saturated fats, the consumption of highly refined fats and heat-treated cooking oils. These over processed fats are not as nutritious and should be replaced by healthier alternatives.

Our oils are all cold pressed and unrefined and sesame and peanut oils are the healthiest of all bursting with health and goodness. These monounsaturated oils have the ability to regulate the delicate balance of fats in our blood and can actually prevent an excessive amount of unhealthy cholesterol from forming while maintaining and even increasing the levels of beneficial good cholesterol that our bodies need.



Sesame Seeds before pressing