# What's light, lowest in saturates, pure and versatile and available from Tesco: Goldenfields naturally / Beoco Ltd.

#### **Contributors**

Beoco (Firm) Tesco (Firm)

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Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org



SEE COUDON ROAD TO

What's Light Lowest Saturates Pure Versatile and available from

TESCO

OF NEW S LOWEST IN SATURATES

- NATURALLY -

Naturally!

## LIGHT

Goldenfields is a very light tasting oil, so it allows you to enjoy the real taste of the good foods you cook.



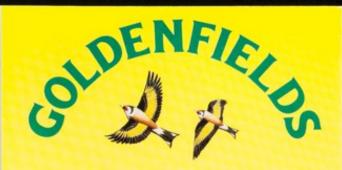
### TYPICAL NUTRITIONAL INFORMATION PER 100g

Energy Protein Carbohydrate		900kcal 3700kJ nil nil				
				Total fat		100g
				of which	Saturates	7g
Monounsaturates	62g					
Polyunsaturates	31g					

## VERSATILE

Goldenfields is ideal for all culinary uses perfect for crisp deep or shallow frying, mayonnaise and salad dressings, and stir frying, too. It also makes deliciously light cakes and pastries - try these easy pastry recipes with your favourite fillings.





THE HEALTHIER **ALTERNATIVE** ... **NOW EVEN BETTER** VALUE AT YOUR LOCAL











COUPON VALID UNTIL 30th NOVEMBER 1993

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#### LOWEST

Goldenfields has the lowest naturally occurring levels of saturates. It is a well balanced oil providing both polyussaturates and a high level of monounsaturates, making it the ideal choice for today's healthier lifestyle.

#### PURE

Goldenfields is a pure rapeseed oil — nothing is added and nothing is taken away. Produced to exacting standards, uniquely controlled from seed to bottle, to ensure that it reaches you in prime condition.

INGREDIENTS: 12 thsp Goldenfields oil 1½ thsp Goldenfields oil 1½ thsp cold water 275g/10cc wholemeal or plain flour, seved pinch salt

#### METHOD:

#### SHORT PASTRY CHOUX PASTRY

# Makes about 15-18 eclairs or 10 buns INGREDIENTS: Tig/Soz plain flour, sieved

#### METHOD:







# The Healthier Alternative ... FACING THE FACTS

## "WHY ALL THE FUSS ABOUT SATURATED FAT?"

There are many different types of fat, so for simplicity think of saturated fats as being the ones that get soaked up into our systems.

For several years now, nutritionists, and more recently the Department of Health's Health of the Nation Report, have been telling us to reduce our intake of solid fats and animal fats because they contain high levels of these saturated fats. Oils contain a lower proportion of saturates and Goldenfields is one of the lowest.

## "SO WHY SHOULDN'T I USE ANY TYPE OF OIL?"

Well you can, <u>but</u> it won't necessarily have a low 'level' of saturated fat unless it has a Goldenfields label on the bottle. Just compare the differences in the table below.

## TYPICAL VALUES OF SATURATED FAT CONTENT OF COMMONLY USED FATS & OILS

Animal Fat	53%	Lard	43%	Solid Vegetable Oil	52%
Groundnut Oil	22%	Olive Oil	17%	Soyabean Oil	15%
Sunflower Oil	12%	Corn Oil	14%	Goldenfields	7%

So now you know, Goldenfields is not only good for you, it allows you to enjoy the taste of the foods you cook- the healthier alternative, so pure and versatile, too.

## ... FOR TODAY'S HEALTHIER EATING

If you'd like more information about cooking with Goldenfields, write to: The Consumer Services Department, Beoco Ltd., P O Box 26, Liverpool L20 1EH.