

VIRTUES OF COTTONSEED OIL

by

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Cotton seed oil is one of the major available oils in India by considering its crop size. Unfortunately, due to lack of marketing strategies by the concerned industry and Government of India, it is in a dormant state in its use as refined oil in contrast to other edible oils. Gujarat is an exception for this.

Potency of Cotton Seed Oil as Edible Oil

1. Cotton seed oil contains high amount of antioxidants which are essential for good health.
 2. It is very rich in Vitamin E which is important in fighting free radicals.
 3. Cotton seed oil contains low cholesterol.
 4. This oil is good for deep frying as it enhances the flavour of food stuff.
 5. It is considered better for baking as it is not heavy as other oils.
 6. Cotton seed oil is processed for a vast range of applications in the manufacture of various food stuffs.
 7. It can be used in rotation with other oils such as ground nut, sunflower, canola as part of a healthy diet.
 8. It has light, neutral taste that is loved by people who do not like other oils with strong odour.
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