

EDIBLE

OILS



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Introduction

Following is a basic list of edible oils:

- Almond oil
- **Argan oil** - there are many uses for this "miraculous" oil:
 - Anti-wrinkle effect - reduces signs of ageing caused by sun and wind, stress or the natural ageing process
 - Avoids scar tissue when treated against acne and varicose veins and strengthens the skin
 - Can be used effectively on some skin conditions including psoriasis and eczema. Is an exceptionally light oil, which moisturises and is easily absorbed into the skin
 - Can be used to help skin conditions including eczema, psoriasis and acne
 - Can help to reduce active blemishes
 - Can help to reduce visible scars
 - Hair Care - beautifully conditions, helps to mend split ends, and restores remarkable shine to all hair types
 - Helps repair damaged and over processed hair
 - Helps to eliminate skin stretch marks, fine lines, and wrinkles
 - Helps to prevent the formation of stretch marks and reduces their appearance
 - Helps to protect and repair skin
 - Helps to protect the skin and hair against sun damage and prevents dehydration caused by daily sun exposure
 - Helps to renew cell structure and revitalizes the elasticity of the skin
 - Helps to strengthen nails
 - May hair loss
 - May treat dandruff
 - Natural anti-ageing and wrinkle reduction - Argan can visibly diminish the signs of ageing
 - Prevents dehydration
 - Recommended for nail care - brittle, split, and broken nails will be strengthened
 - Reduces active blemishes and visible scars
 - Shaving - Argan is a suitable alternative to shaving foams and gels for sensitive skin during and after shaving
 - Used as a nourishing facial treatment and night oil
 - Used as a skin protector in cold weather
 - Used as an after-sun soother and moisturiser
 - Used for massage to treat arthritis or sore muscles, and for relaxation of the skin
 - When hair is dry or thin and breaks, Argan oil restores it to a natural and shiny glow
 - Works against rheumatism
- Avocado oil
- Canola oil
- Cashew oil
- Castor oil
- Coconut oil

- Cod liver oil
- Colza oil
- Corn oil
- Cottonseed oil
- Fish oil
- Flaxseed oil (linseed oil)
- Grape seed oil
- Hazelnut oil
- Hemp oil
- Linseed oil (flaxseed oil)
- Macadamia oil
- Marula oil
- Mongongo nut oil
- Mustard oil
- Olive oil
- Palm oil (palm kernel oil)
- Peanut oil
- Pecan oil
- Perilla oil
- Pine nut oil
- Pistachio oil
- Poppy seed oil
- Pumpkin seed oil
- Rapeseed oil
- Rice bran oil
- Safflower oil
- Sesame oil
- Soybean oil
- Sunflower oil
- Tea seed oil
- Walnut oil
- Watermelon seed oil

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Major Edible Oils

- **Canola oil** - this is a widely used cooking oil.
- **Coconut oil** - this is extracted from the kernel or meat of the fruit of the coconut palm and is a cooking oil with medicinal and industrial applications. Coconut oil unusual in its composition, with a dominance of medium chain fatty acids.
- **Corn oil** - this is one of the principal oils used as a salad and as well as a cooking oil.
- **Cottonseed oil** - this is used as a salad and a cooking oil, both domestically and industrially.

- **Olive oil** - this is used in cooking, cosmetics, soaps, and as a fuel for traditional oil lamps.
- **Palm oil** - this is the most widely produced tropical oil. Popular in West African and Brazilian cuisine. Also used to make biofuel.
- **Peanut oil** (Ground nut oil) - this is a clear oil with applications as a salad dressing, and because of its high smoke point it is often used for frying.
- **Rapeseed oil** - this is a widely used cooking oil.
- **Safflower oil** - until the 1960s this used in the paint industry, now it is mostly used as a cooking oil and as a health supplement.
- **Sesame oil** - this is cold pressed for a light cooking oil, and hot pressed for a darker and stronger flavour.
- **Soybean oil** - this is a by-product of processing soy meal.
- **Sunflower oil** - this is a widely used cooking oil that is also used to make biodiesel. Cold pressed Sunflower oil has significant curative properties when used in the "Oil Drawing Technique".

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Nut oils

Nut oils are generally used in cooking to take advantage of their flavour characteristics. However, most nut oils are expensive because of the complex extraction process.

- **Almond oil** - this is used as an edible oil, and is commonly used as an aromatherapy carrier oil. Additionally, almond oil is extensively used in the manufacture of cosmetics.
- **Beech nut oil** - this is from *Fagus sylvatica* nuts and is a popular edible oil in Europe, which is used for salads and cooking.
- **Cashew oil** - this is somewhat comparable to olive oil, and it may also have properties for fighting dental cavities.
- **Hazelnut oil** - this is mainly used for its flavour, but it also has application in skin care products because of its slight astringent nature.
- **Macadamia oil** - a popular oil with a mild nutty flavour and a high smoke point.
- **Mongongo nut oil** (or Manketti oil) - this is from the seeds of the *Schinziophyton rautanenii*, which is a tree that grows in South Africa. This oil is high in vitamin E and is used in skin care products.
- **Pecan oil** - this is valued as a food oil, but requires "fresh pecans" to obtain a high quality pressing.
- **Pine nut oil** - this is sold as a gourmet cooking oil, and has medicinal properties as an appetite suppressant.
- **Pistachio oil** - this is a strong flavoured oil with a distinctive green colour.
- **Walnut oil** - this is used for its flavour, and was also used by Renaissance painters as a component in their oil paints.

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Citrus oils

A number of citrus plants yield pressed oils, and some, like lemon and orange oil, are used as essential oils, which is uncommon for pressed oils. The seeds of many if not most members of the citrus family have the potential to yield usable oils.

- **Grapefruit seed oil** - this was extracted experimentally in 1930 and was noted to be suitable for making soap.
- **Lemon oil** - this is similar in fragrance to the fruit, and is one of a small number of cold pressed essential oils. It is used as a flavouring agent and in aromatherapy.
- **Orange oil** - this is cold pressed rather than distilled, and consists of 90% d-Limonene. This is used as a fragrance, in cleaning products, and in flavouring food.

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Oils from Melon and Gourd Seeds

Members of the *Cucurbitaceae* family include gourds, melons, pumpkins, and squashes. Seeds from these plants are noted for their oil content, but little information is extant on methods of extracting the oil. Typically, the plants are grown as food, with the use of the oils as a by-product from the seeds.

- **Bitter gourd oil** - this is from the seeds of *Momordica charantia*, and is high in Alpha-Eleostearic acid. Many researchers believe that Bitter gourd oil has anti-carcinogenic properties.
- **Bottle gourd oil** - this is extracted from the seeds of the *Lagenaria siceraria*, which is widely grown in tropical regions and is used as an edible oil.
- **Buffalo gourd oil** - this is from the seeds of the *Cucurbita foetidissima*, which is a vine with a rank odour that is native to southwest North America.
- **Butternut squash seed oil** - this is from the seeds of *Cucurbita moschata* and has a nutty flavour that is used for salad dressings, marinades, and sautéing.
- **Egusi seed oil** - this is from the seeds of *Cucumeropsis mannii naudin* and is particularly rich in linoleic acid. "Egusi" is the common name of several species of melons, including *Citrullus vulgaris cultivars* and *Lagenaria sicerari*.
- **Pumpkin seed oil** - this is a specialty cooking oil, which is produced in Austria, Slovenia, and Croatia. It is mostly used in salad dressings.
- **Watermelon seed oil** - this is pressed from the seeds of *Citrullus vulgaris* and is traditionally used in cooking in West Africa.

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Food supplements

A number of oils are used as food supplements (or "nutraceuticals"), because of their nutrient content or medicinal properties. Borage seed oil, blackcurrant seed oil, and evening primrose oil all have a large amounts of gamma-Linolenic acid (GLA) (about 23%, 15-20% and 7-10%, respectively).

- **Acai oil** - is from the fruit of several species of the Açai palm (*Euterpe*) which is grown in the Amazon region.

- **Black seed oil** - this is pressed from *Nigella sativa* seeds and has a long history of medicinal use, including ancient Greek, Asian, and Islamic medicine. Modern research continues to analyse the properties and the benefits of this oil.
- **Blackcurrant seed oil** - this is from the seeds of *Ribes nigrum* and is used as a food supplement. It is high in gamma-Linolenic, omega-3, and omega-6 fatty acids.
- **Borage seed oil** - this is from the seeds of *Borago officinalis* and has an omega-3 content comparable to Blackcurrant seed oil and Evening primrose oil.
- **Evening primrose oil** - this is from the seeds of *Oenothera biennis* and is the primary plant source of gamma-Linolenic acid; additionally, Evening primrose oil does not contain alpha-Linolenic acid.
- **Flaxseed oil** (called **Linseed oil** when used as a drying oil) - this is from the seeds of *Linum usitatissimum* and is high in omega-3 and lignans, which have powerful medical properties. This is also a good dietary equivalent to fish oil; however, it easily turns rancid.

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Other Edible Oils

- **Amaranth oil** - this is from the seeds of grain amaranth species, including *Amaranthus cruentus* and *Amaranthus hypochondriacus* and is high in *squalene* and unsaturated fatty acids.
- **Apricot oil** - this is similar to Almond oil, and is extensively used in cosmetics.
- **Apple seed oil** - this is high in linoleic acid.
- **Argan oil** - this is produced from the seeds of the *Argania spinosa* which is native to Morocco and is used in skin and hair products.
- **Avocado oil** - this is an oil extensively used in the cosmetics and pharmaceutical industries' and. Additionally, Avocado oil has a very high smoke point - 265.5°C.
- **Babassu oil** - this is from the seeds of the *Attalea speciosa* and it is similar to, and is often used as a substitute for, Coconut oil.
- **Ben oil** - this is extracted from the seeds of the *Moringa oleifera* which is high in behenic acid. This is an extremely stable edible oil, which is also suitable for biofuel.
- **Borneo tallow nut oil** - this is extracted from the fruit of species of genus *Shorea*, and is used as a substitute for cocoa butter, and in the manufacturing of soap, candles, cosmetics, and medicines in locations where the tree is common.
- **Cape chestnut oil** - this is also called Yangu oil and it is a popular skin care oil in Africa.
- **Carob pod oil** (Algaroba oil) - this is from carob and it has an exceptionally high essential fatty acid content.
- **Cocoa butter** - this is from the cacao plant and is extensively used in the manufacture of chocolate, as well as in cosmetics.
- **Cocklebur oil** - this is from species of genus *Xanthium* and has similar properties to Poppy seed oil. Additionally, Cocklebur oil is similar in taste and smell to Sunflower oil.
- **Cohune oil** - this is from the *Attalea cohune* (cohune palm) and is used as a lubricant. It is also used for cooking, soap making, and as a lamp oil.
- **Coriander seed oil** - this is from coriander seeds and is used in flavouring applications, including gin and seasoning blends. Coriander seed oil has also shown potential in killing food-borne bacteria, such as *E. coli*.

- **Date seed oil** - this is extracted from date pits; however, its low extraction rate/yield and lack of other distinguishing properties reduce its usage.
- **Dika oil** - this is from *Irvingia gabonensis* seeds which are native to West Africa and is used in the manufacture of margarine, soap, and pharmaceuticals (possible tablet lubricant).
- **False flax oil** - this is from the seeds of *Camelina sativa* and is one of the earliest oil crops - dating back to the 6th millennium BC. In modern times it was produced in Central and Eastern Europe but it fell out of production in the 1940s. Today, there is renewed interest in False flax oil as a biofuel.
- **Grape seed oil** - this is used as a salad and as a cooking oil, and is commonly sprayed on raisins to help them keep their flavour.
- **Hemp oil** - this is a quality food oil that is also used in the manufacture of paints, varnishes, resins, and soft soaps.
- **Kapok seed oil** - this is from the seeds of *Ceiba pentandra* and is used as an edible oil, and in the manufacture of soap.
- **Kenaf seed oil** - this is from the seeds of *Hibiscus cannabinus* and is similar to Cottonseed oil.
- **Lallemantia oil** - this is from the seeds of *Lallemantia iberica* which is native to northern Greece.
- **Mafura oil** - this is extracted from the seeds of *Trichilia emetic* and is used as a popular edible oil in Ethiopia. Mafura butter is extracted as part of the same process when extracting the Mafura oil, but this is not edible and is used in soap and candle manufacture, as a body ointment, as fuel, and medicinally.
- **Marula oil** - this is extracted from the kernel of *Sclerocarya birrea* and is used as an edible oil with a light, nutty flavour. Its fatty acid composition is similar to that of olive oil, and it is also used in the manufacture of soap.
- **Meadowfoam seed oil** - this is a highly stable oil, with over 98% long-chain fatty acids. It equates with Rapeseed oil for industrial and manufacturing applications.
- **Mustard oil** (pressed) - this is used in India as a cooking oil and as a massage oil.
- **Nutmeg butter** - this is extracted by expression from the fruit of *cogeners* of genus *Myristica*. Nutmeg butter has a large amount of *trimyristin*. Nutmeg oil is an essential oil which is extracted by steam distillation.
- **Okra seed oil** - this is from *Abelmoschus esculentus* and is composed predominantly of oleic and linoleic acids. The greenish yellow edible oil has a pleasant odour and taste.
- **Papaya seed oil** - this is high in omega-3 and omega-6, and is similar in composition to olive oil. However, Papaya seed oil must not to be confused with Papaya oil produced by maceration.
- **Perilla seed oil** - this is high in omega-3 fatty acids and is used as an edible oil, It is also used in skin care products, as a drying oil for medicinal purposes, and in Asian herbal medicine.
- **Persimmon seed oil** - this is extracted from the seeds of *Diospyros virginiana* and the oil is a dark, reddish brown colour and is similar in taste and content of oleic and linoleic acids to olive oil.
- **Pequi oil** - this is extracted from the seeds of *Caryocar brasiliense* and is used in Brazil as a highly-prized cooking oil.
- **Pili nut oil** - this is extracted from the seeds of *Canarium ovatum* and is used in the Philippines as an edible oil, and as lamp oil.

- **Pomegranate seed oil** - this is from *Punica granatum* seeds and is very high in *punicic acid*. This oil is believed to have properties that can help to treat and preventing cancer.
- **Poppy seed oil** - this is used for cooking, in paint, varnish, and soap manufacture.
- **Prune kernel oil** - this produced and sold as a gourmet cooking oil, and it is similar in composition to Peach kernel oil.
- **Quinoa oil** - this is similar in composition and use to Corn oil.
- **Ramtil oil** - this is pressed from the seeds of the one of several species of genus *Guizotia abyssinica* (Niger pea) which is native to India and Ethiopia.
- **Rice bran oil** - this is a highly stable cooking and salad oil, which is suitable for high-temperature cooking. Rice bran oil also has the potential as a biofuel.
- **Royle oil** - this is pressed from the seeds of *Prinsepia utilis*, a wild, edible oil shrub that grows in the higher Himalayas. It is used medicinally in Nepal.
- **Sacha inchi oil** - this is from the Peruvian Amazon and is high in behenic, omega-3 and omega-6 fatty acids.
- **Sapote oil** - this is used as a cooking oil in Guatemala.
- **Seje oil** - this is from the seeds of *Jessenia bataua* and it is used in South America as an edible oil, which is similar to olive oil, as well in the manufacture of soaps, and cosmetics.
- **Shea butter** - is used primarily in skin care products and as a substitute for cocoa butter in confections and other cosmetics.
- **Taramira oil** - this is from the seeds of the arugula (*Eruca sativa*) which is grown in West Asia and Northern India, and is used as a (pungent) edible oil after aging to remove acidity.
- **Tea seed oil** (Camellia oil) - this is widely used in southern China as a cooking oil, and in the manufacture of soaps, hair oils, and other personal products.
- **Thistle oil** - this is pressed from the seeds of *Silybum marianum* and is a good potential source of special fatty acids, carotenoids, tocopherols, phenol compounds, and natural anti-oxidants. It is also used for generally improving the nutritional value of foods.
- **Tigernut oil** (or nut-sedge oil) - this is pressed from the tuber of *Cyperus esculentus* and it has properties similar to Soybean, Sunflower, and Rapeseed oils. It is used in cooking and in the manufacture of soap, and it has potential as a biodiesel fuel.
- **Tobacco seed oil** - this is from the seeds of *Nicotiana tabacum* and other *Nicotiana* species. If properly purified it is suitable for edible purposes.
- **Tomato seed oil** - this is a valuable by-product as a cooking oil from the waste seeds generated from the processing of tomatoes.
- **Wheat germ oil** - this is high in vitamin E and octacosanol, and it is used nutritionally and in various cosmetic preparations.

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