



COTTON MEDIA GUIDE TO THE COTTON INDUSTRY

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COTTONSEED OIL

DEFINITION

Cottonseed oil is the edible, usually pale yellow oil extracted from cottonseed. Before the 1940s, cottonseed was the main source of vegetable oil available. Today, it is third behind soybean and corn oil. It is gaining in popularity however, because of its widespread availability and seemingly endless supply.

DETAILS

- The versatility and benefits of cottonseed oil helps make it a potentially profitable and worthwhile product.
- Cottonseed oil must be refined for human use to remove gossypol, a natural toxin that protects the plant from insects (unrefined, it may be used as a pesticide).
- Depending on the type of refining performed, it can have many uses from frying, baking, salad oils, mayonnaise, shortenings and margarines.
- Cottonseed oil typically has a blander, slightly nuttier flavor than other vegetable oils.
- It contains less saturated fat than some other oils, and in its natural state, contains no cholesterol or trans fatty acids. This makes it appealing to health conscious consumers.
- It does contain Omega-6 and Omega-3 fatty acids and must be balanced in moderation in a daily diet like any other oil.
- Cottonseed oil is one of the most stable oils and will not retain the flavor or smell of products fried in it as some oils will. This reduces labor in some industries (fast food) because it will not have to be changed as much as other oils.
- It is one of the purest food products available on the market and its light consistency makes it desirable to consumers.
- It may also be used in non-food items such as glycerol, cosmetics, explosives, rubber and insecticides.

FOR MORE INFORMATION:

- National Cottonseed Products Association
<http://cottonseed.com>
- PYCO Industries, Inc.
Lubbock, Texas
806-747-3434
<http://www.pycoindustries.com>

STORY IDEAS

- Contact local manufacturers of cottonseed oil about its impact in the market and the economy.
- Interview local gin owners about the impact of cottonseed sales for oil purposes on their operation.
- Contact doctors or nutritionists about health benefits of cottonseed oil.
- Interview local farmers about the impact the increase in cottonseed oil sales has had on their operations.

IMPACT

- Cottonseed oil is highly regulated by the FDA and USDA to ensure consumer safety.
- Billions of dollars are spent each year in the processing and manufacturing of cottonseed oil products.
- Recent health concerns among Americans have caused a significant increase in the sale and use of cottonseed oil.
- Cottonseed oil is one of the most profitable and promising by-products of the cotton industry.