



## THE BENEFITS OF COTTONSEED OIL

*September 24, 2014*

In the past few posts, we looked at some common misconceptions and concerns regarding cottonseed oil. Today we'll review some of the many health and culinary benefits of cottonseed oil.

### COTTONSEED OIL IS RICH IN ANTIOXIDANTS, SPECIFICALLY VITAMIN E

Antioxidants. It's a popular health food buzzword. But what does it mean? Antioxidants help prevent the formation of free radicals when cells undergo oxidization. For the most part, our bodies are very efficient in processing oxygen, but small portions of cells can be damaged, and end up missing crucial molecules. These damaged cells are called free radicals and seek out their missing components, at the expense of healthy cells. Free radicals leave mutated cells in their wake, which can lead to further complications down the road such as accelerated mental and physical aging, inflammation, weaker immune systems and cancer.

This is where antioxidants come in. Antioxidants can safely interact with these free radicals and stop the chain of events that leads to first molecular, then cell damage. They are micronutrients (Vitamin C, E, beta-carotene, etc.) that our bodies do not produce naturally, but get through a healthy diet full of fruits and vegetables.

And that's great news for anyone who cooks with cottonseed oil. Cottonseed oil is chock full of vitamin E. At the cellular level, vitamin E helps strengthen the cell membrane, or outside layer of cells, to block free radicals.

External factors such as cigarette smoke, excessive alcohol, pollutants in our air and water as well as pesticides that find their way onto our fresh fruits and vegetables and into the foods we eat all lead to increased oxidization of cells. Now, more than ever, a healthy and antioxidant-rich diet is needed to counteract the increasing prevalence of these outside factors. Acala Farms Flavor-infused cottonseed oils meet our bodies' antioxidant needs, and are delicious, versatile and fun to use. So drizzle, sizzle sample and eat; your health will be better and your taste buds will be happier.



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We're working through the many benefits of cottonseed oil in these next few posts. Today, let's talk about one of its huge culinary benefits – a high smoke point.

### COTTONSEED OIL HAS A HIGH SMOKE POINT

The cooking oil choices on most grocery store shelves are varied and numerous. It can be overwhelming. Is there really a difference? Will just any oil do for my baking, sautéing, grilling needs? The answer is no. Not all oils are created equal. There are different purposes and best applications. One big factor in an oil's suitability for certain cooking methods is its smoke point.

Smoke point refers to the temperature at which oils start to smoke, or decompose in the pan. At this temperature, the chemical make-up of oils starts to change, releasing toxins such as free radicals. This is also the temperature at which the oil burns, making what could be a delicious dish bitter and burnt.

Cottonseed oil is a high heat oil, meaning it has a smoke point of around 425°F. This makes it ideal for a wider array of cooking practices and a standout against many of its common competitors such as coconut oil, grapeseed oil, virgin olive oil and butter. Cottonseed oil is therefore, a fantastic choice for frying, sautéing, stir-frying and searing.

For a breakdown of different oils and their respective smoke points, visit [this link](#). And yes, you can sauté, fry, sear, stir-fry, grill and bake without worry when using Acala Farms PURE and Flavor-Infused Cottonseed Oils. Don't be afraid to crank up the heat as you drizzle, sizzle, sample and eat.