



IS COTTONSEED OIL BAD FOR YOU?

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Is Cottonseed Oil Bad for You? Based on much of the outdated information that appears in Internet-based sources, it would be easy to think that Cottonseed Oil stands at the top of a long list of modern-day food evils permeating our grocery store shelves. While we at Acala Farms have long understood the many healthy and culinary benefits of this new generation of cottonseed oil, we are also the first to admit that it does have a somewhat sordid past. It is true, for example, that in the 1970s and early 1980s U.S. cotton was grown using heavy amounts of pesticides — growers were working hard to eradicate the boll weevil, cotton’s most vigilant and destructive enemy — but when they succeeded in removing this pest from the equation, they dramatically reduced pesticide use to an amount that today is even less than that used to grow corn or soybeans. Still, have you ever heard claims that soybean or corn oil are riddled with pesticides? But cotton’s earlier reputation continues to follow it, perpetuated by the dated misinformation shared on the Internet by several so-called authorities.

To our great delight, however, while recently tracking our own social media and Internet presence, we discovered a new website, cottonseedoil.com, that presents seemingly unbiased information — separating fact from fiction and addressing the claims made by others — in a respectful, sincere manner. Yes, Acala Farms is featured on a few pages throughout the site — information clearly gleaned from our own website — but as far as we can tell, the site has no ties to the cotton industry.

So regarding the ‘Is Cottonseed Oil Bad for You?’ question, we’ll rely on this unbiased resource to provide you with the [information you seek](#). Draw your own conclusions certainly, but then we hope that you will share this information with others and join us in our quest to bring a new generation of cottonseed oil to a position of prominence in America’s kitchens. As always, we welcome your thoughts, questions and feedback email contact@acala-farms.com.

Share the flavor, share the food, share the fun.

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