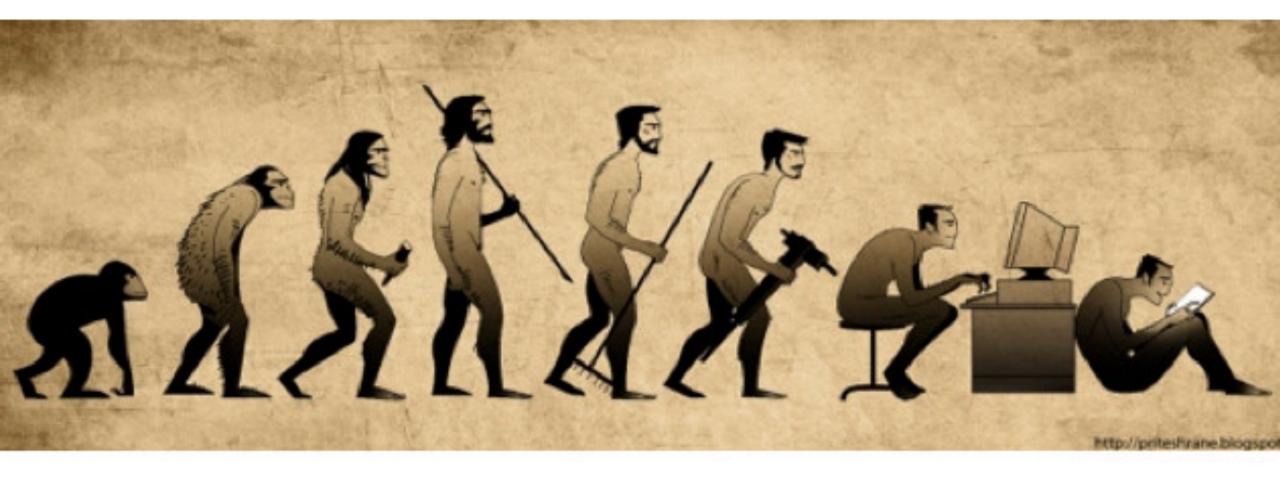
COTTON SEED, OIL & MEAL CONCLAVE 2024

COTTONSEED OIL: HEALTH & NUTRITIONAL BENEFITS



N. K. Proteins Pvt. Ltd. Dr. Bhavna Shah D/CEO

EVOLUTION



OR IS IT ?

INDIA: THE WORLD CAPITAL OF DIABETES

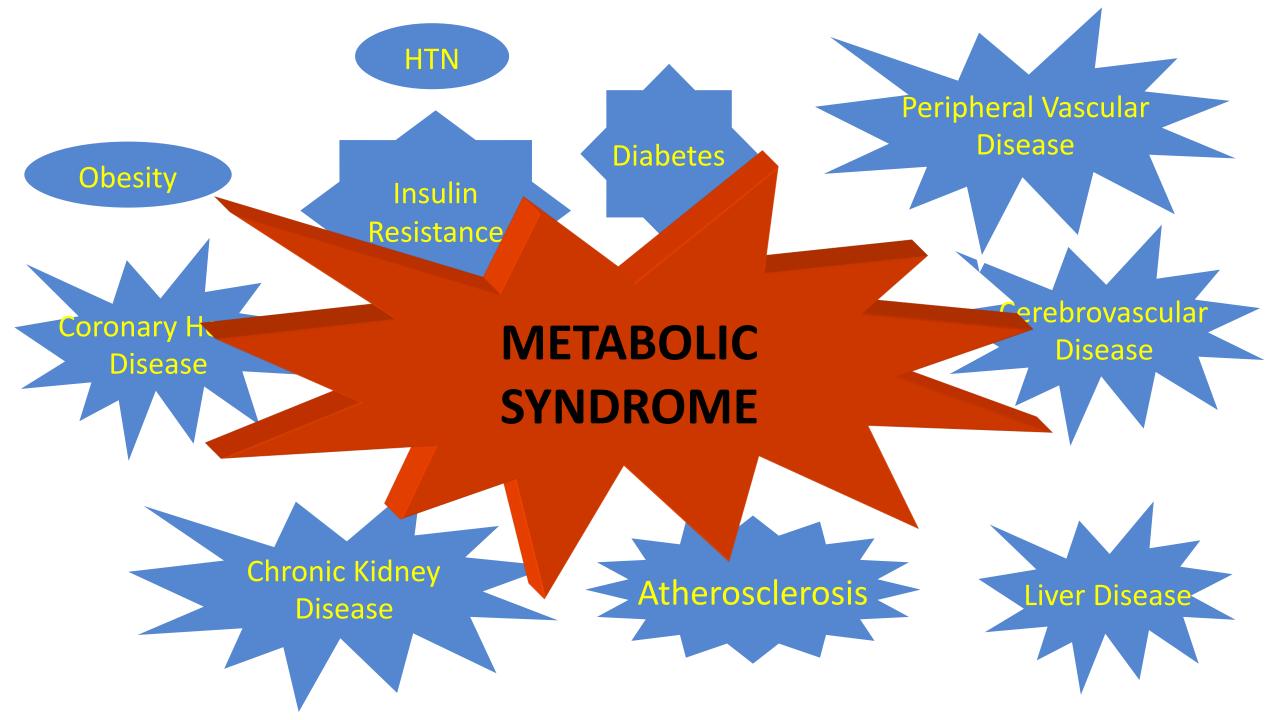
57.2 million 2025 AD



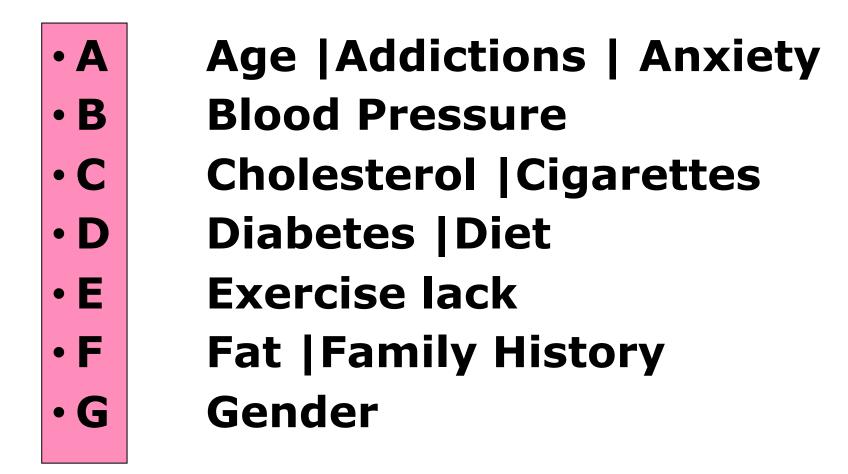
WHO ESTIMATE

TODAY'S LIFESTYLE (24x7)

- Sedentary Lifestyle
- >Unhealthy Diet
- ≻No Exercise
- ➢Irregular Sleep Patterns
- ≻Anxiety, Stress
- >Time is being converted into money
- Personal priorities take back seats
- >Alcohol, Smoking, Addiction
- > Affluent Society Diseases



RISK FACTORS



RISK FACTORS

NON-MODIFIABLE

AGE_Risk increases with age

<u>GENDER</u> Men have greater risk after 45yrs Women's risk begins after 55yrs

After menopause, risk doubles

FAMILY HISTORY

If immediate family member had heart attack before age 65yrs

MODIFIABLE

CONTROLLABLE

Smoking Alcohol Weight

TREATABLE

Diabetes Hypertension High Cholesterol

OBESITY



- BMI = Weight (kg) Height (m)2
- Normal = 18.5 23
- Over weight 23-27
- Obese > 27

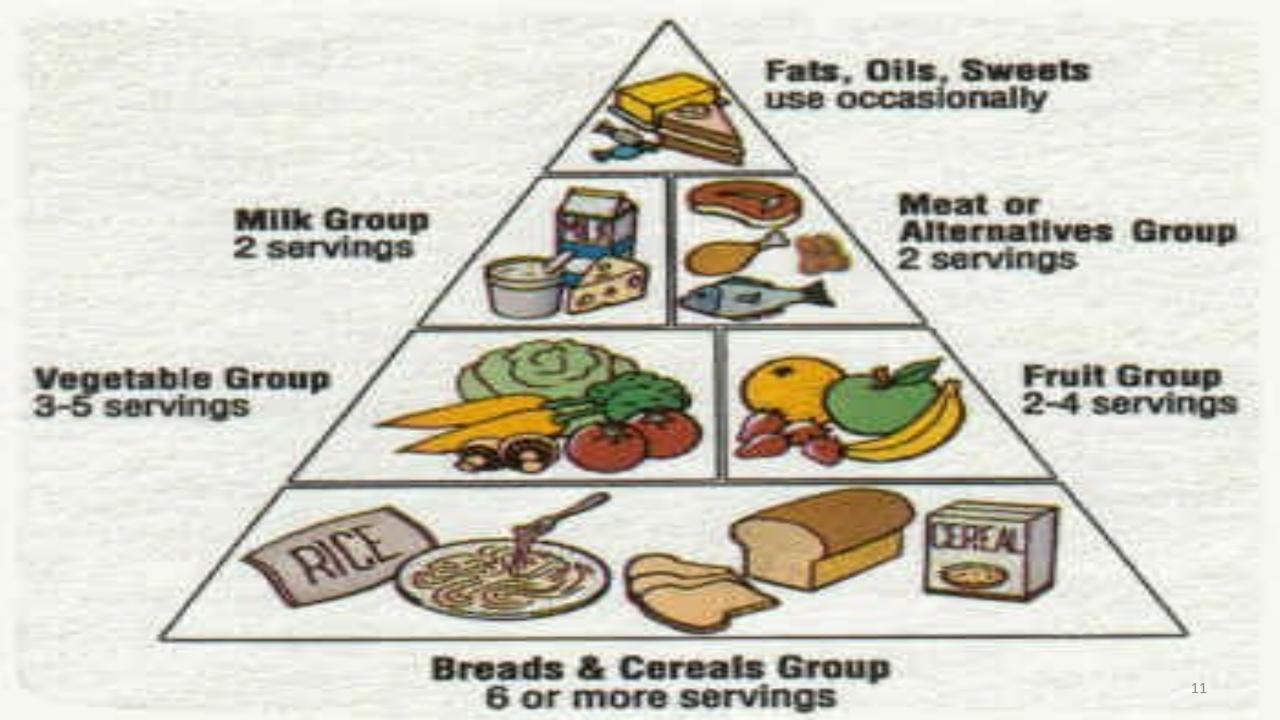
- Waist Circumference
 - 80 cms Females
 - 90 cms Males

DIET AND CVD: THE INDIAN SCENARIO

- India during 20th century witnessed a 3-fold increase in the prevalence of cardiovascular diseases, risk factors and diabetes at a younger age, and lower body mass indices.
- This increase has been largely attributed to rapid westernization.
- Rapid westernization is correlated in these studies with 2- to 5-fold increase in consumption of sugar, salt, high fat dairy products, eggs, red meat and oils with their trans-fat content.

MACRO AND MICRO NUTRIENTS RECOMMENDATIONS

Nutrients	Recommendations
Calories	Sufficient to maintain Ideal body weight
Carbohydrates	55 to 60 % of total calories
Proteins	15-20% of total calories
Fats	15-20% of total calories
SFA	< 7% of total fat intake
PUFA	10 % of total fat intake
MUFA	10-13% of total fat intake
MUFA:PUFA:SFA	1.2:1:0.8
Cholesterol	< 300 mg / day
Fibre	30-40 gm / day

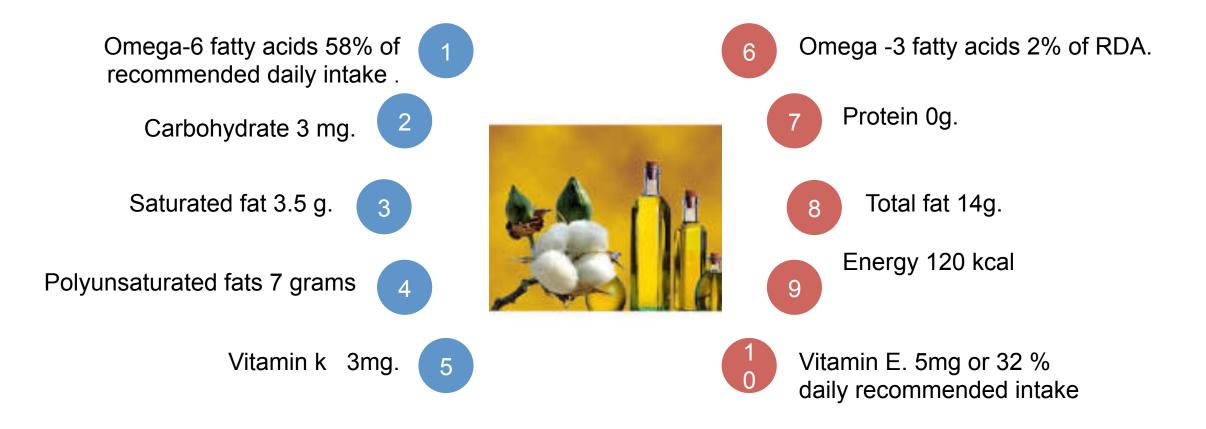


CHOICE OF COOKING OILS

An ideal quality fat for good health is one which maintains a balance so as to give a ratio of polyunsaturated / saturated (PUFA / SFA) of 0.8 - 1.0, and linoleic / alfa-linolenic (n-6 / n-3) of 5 - 10 in the total diet.

NUTRITIONAL FACTS

1 serving – 1 tbsp (15 ml)



BENEFITS OF COTTON SEED OIL

Balanced amount of stearic, oleic & palmitic acids ensures stable frying properties High levels of antioxidants such as tocopherols, Vit. E Healthy Cooking Oil Good for Heart, AHA

TRANS FATTY ACIDS



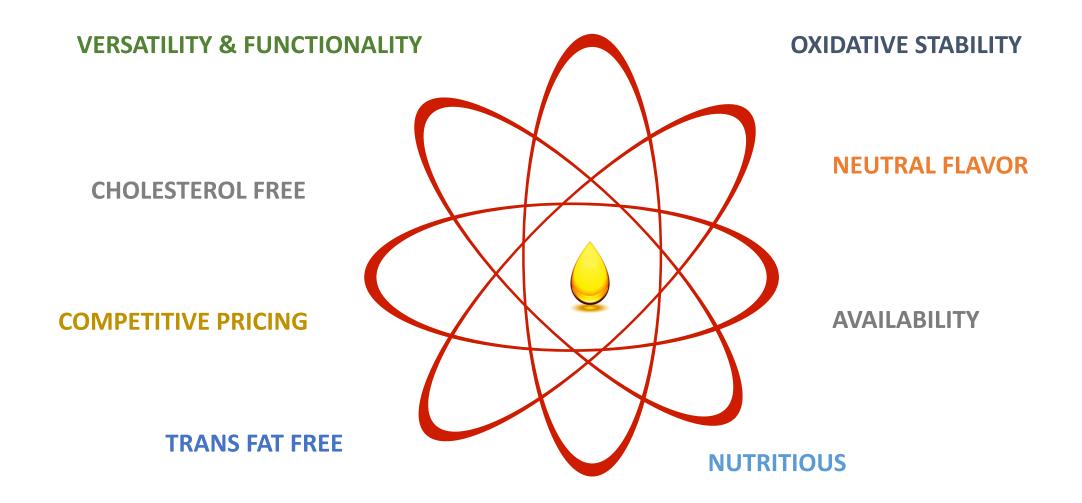
- Trans fatty acids are formed when vegetable oils are hardened by partial hydrogenation.
- They raise level of LDL-Cholesterol, and triglyceride and decrease HDL-C, thus increase the risk of CHD.
- Major source of trans FA are margarine, commercially baked products, deep fried fast food, their consumption should be limited.

CHOLESTEROL FREE



- The majority of vegetable oils are advertised as cholesterol free in developing countries, in an attempt to woo the consumers.
- In fact the sterol for the plant kingdom is ergosterol and any plant product therefore can be labeled as cholesterol free.

ADVANTAGES OF COTTON SEED OIL



1/4 OF WHAT YOU EAT KEEPS YOU ALIVE. 3/4 OF WHAT YOU EAT KEEPS YOUR DOCTOR ALIVE.

Dr. Andrew Saul

FOOD MATTERS

