

## **Cottonseed Oil (Fats and Oils)**

**Interesting facts:** Cottonseed oil has been a part of the American diet for well over a century. Until the 1940's, it was the major vegetable oil produced in the United States. Now, with annual production averaging more than 1 billion pounds, Cottonseed oil ranks third in volume behind soybean and corn oil, representing about 5-6% of the total domestic fat and oil supply. This oil is generally found in processed foods and contains a high ratio of saturated fat. Studies show it may raise the risk of heart disease and spike cholesterol levels. Cottonseed oil has a high ratio of saturated fat and may also contain traces of pesticides used when farming cotton crops.

**DO NOT USE:** COMPLETELY TOXIC. DO NOT INGEST. Always chemically contaminated. Is often found in prepared and processed foods.