



**Mr. Akshay Salgarkar, DGM – R&D Frigorifico Allana Private Limited presented on ‘Perfect cooking oil for every need’.**

He explained that oils and fats are essential for overall well-being, providing the body with necessary fatty acids. They also add flavour and texture to food. He listed various types of oils, such as sunflower, soybean, rice bran, and groundnut oils, each with its own fatty acid composition. These oils can provide health benefits such as vitamin absorption, heart health, and energy. However, there are risks associated with certain fatty acids, such as saturated fat, trans fat, and acrylamide formation when heated to high temperatures. Some parameters are essential while choosing the right oil, like the ratio of essential fatty acids and the presence of natural antioxidants.

Multi-source cooking oils, which are blends of various oils, are beneficial for heart health, have anti-inflammatory properties, and have a neutral taste. He advised that oil should be stored in an airtight container in a cool, dry, dark, and moisture-free environment. Used cooking oil should be consumed within a day or two, and rotation of oil is recommended to achieve the recommended balance. Consuming oil in moderation is crucial for maintaining a healthy diet.