

Production of cooking oil

Refined oil. (Chemical production)

Process description

1. Seed cleaning and husking, dirt and dust is removed
2. Seed crushing
3. Preheating to 45-85°C by steam
4. Going through high pressure oil pressing with a friction heat of 72-84°C
5. Centrifuged and filtered. Steam, solvents, Micella (oil-containing solvent) and hexam are added
6. Distillation. Phosphate and caustic soda is added. Leftover plant bits are removed
7. Refinement, neutralization, degumming.
8. Wash
9. Diatomaceous earth is added as a bleaching agent.
10. Filter pressed and bleached
11. Deodorization, steam is added

Refined oils – little nutrition – nutrients are either removed or changed. Contains poisonous trans-fatty acids, free radicals and so on.

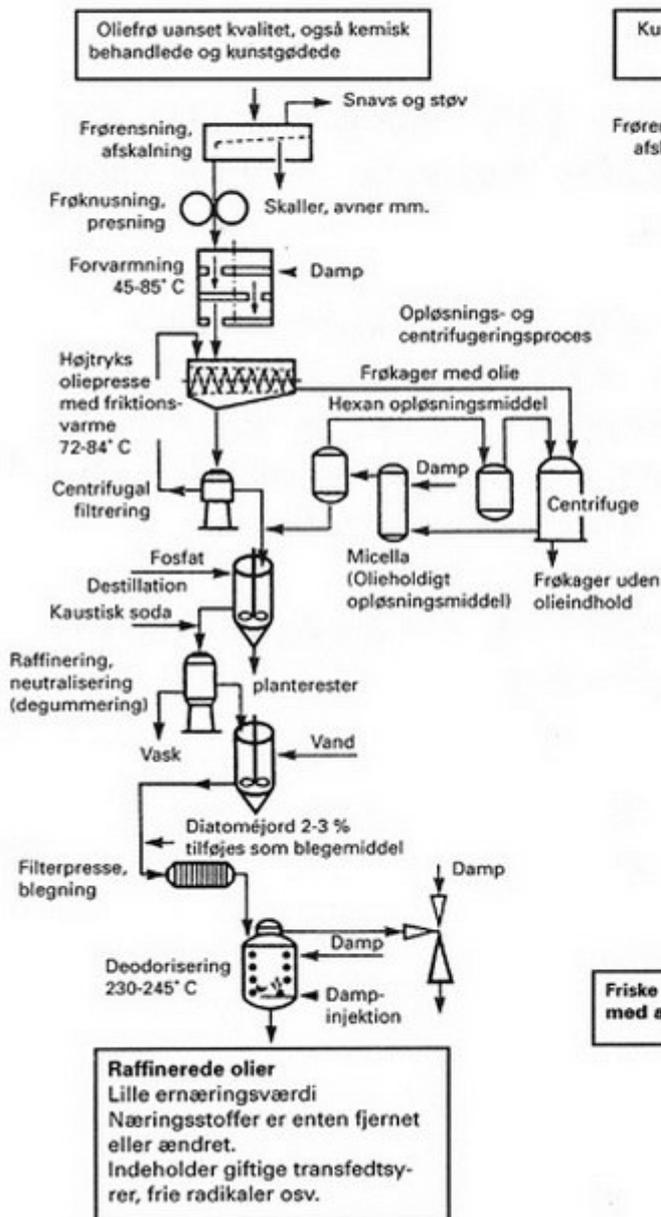
Cold pressed oil. (Freshly pressed without chemistry)

Process description

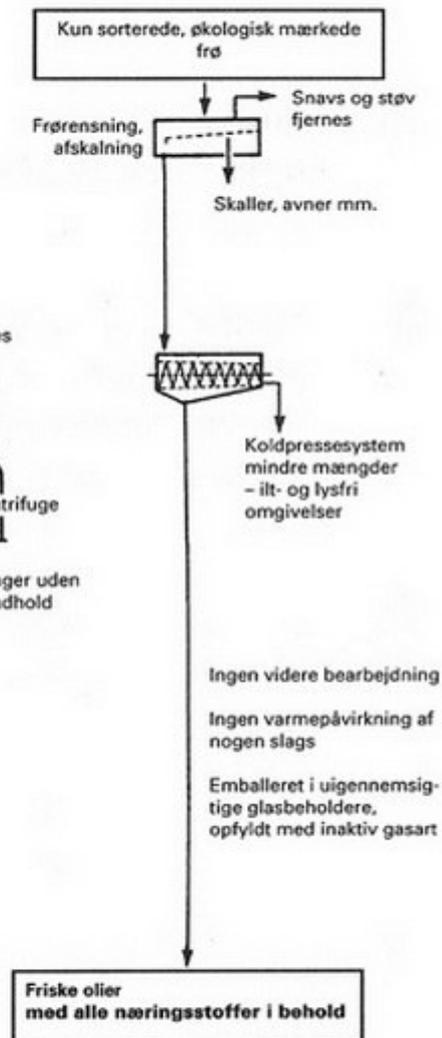
1. Seed cleaning, dust and dirt is removed. Husk and glume is removed.
2. Goes through cold press system, less oxygen and in lightless surroundings
3. Not worked on furthermore
No heating of any kind.
Packaged in opaque glass containers
Filled with inactive kind of gas
Fresh oils with all nutrients intact

Fremstilling af spiseolie

Raffineret olie (Kemisk fremstilling)



Koldpresset olie (Friskpresset uden kemi)



Oil

Oils/fatty acids

Did you know:

- That all cells in the body, from skin cells to brain cells have a membrane, which consists of fat. Cells are constantly renewed which is why we need fat. The vital fatty acids omega-3 and omega-6 are also needed to regulate natural processes in the immune system, the nervous system and the hormonal system. But if vital fatty acids are to be of any use for the body they must be of good quality.
- Some places there are more than 20 different kinds of oil to choose by. You should try to find a healthy oil which is cold pressed and organic.
- The term “refined” is not a quality stamp. It means that the oil has been through a long chemical process with everything from organic solvents to extreme heating, bleaching, discoloring and all flavor and smell being removed. That kind of oil is no longer food and should not be used for either animals or human beings. (The farmer would never give his animals that kind of oil.) That kind of oil won't give any nutrition for your cells. Instead it will make them sick.
- Healthy fats are cold pressed organic oils and all edible seeds, nuts and kernels.
- If you want to be happy and healthy you have to eat healthy fats

Fats are divided into 3 groups

1. **Saturated fats**

Are found especially in animal products such as fat from milk, meat and eggs as well as the fat in coconuts and palms.
Is known by always being solid and takes heating

2. **Monounsaturated fats**

Especially found in olive oil and almond oil
Is known by becoming thick and pulpy when cooled. Takes mild heating

3. **Polyunsaturated fats** Omega- 3 and omega-6

Primarily found in seeds and nuts such as linseed oil, sunflower oil, rapeseed oil, walnuts, pumpkin kernels, and sesame. Also exists in fat fish such as mackerel, herring and salmon.

When these seeds are pressed into oil, the oil is known by also staying fluid when cooled.

The more fluidic the oil is, the more sensitive it is. It cannot take heating oxygen or light. Always stored chilled in dark bottles. Only used for cold dressings, mayonnaises and other cold things.

Polyunsaturated fats must not under no circumstances be heated because it will create free radicals which are harmful to our health.

Source: Walter Willett, Harvard University, Medical School