

# Fortified Rice Bran Oil

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## In news

Recently, Government of India's NAFED launched Fortified Rice Bran Oil to Boost Healthy Living

## Key updates

- This Rice bran oil will be marketed by NAFED (National Agricultural Cooperative Marketing Federation of India Ltd).
- In the same way a MoU has been signed between NAFED and FCI for the production and marketing of fortified rice kernel
- Rice Bran oil from Nafed will be fortified and it will be ensured that it will contain additional nutrients and vitamins.

## What is an ideal cooking oil?

An ideal cooking oil is one which has a high smoke point which means that it starts giving out volatile and toxic compounds and smoke or fumes only at a higher temperature. Cooking oil should also be rich in unsaturated fatty acids like mono-and polyunsaturated fatty acids and low on saturated fatty acids. Oil which contain unsaturated fatty acids are liquid at room temperature and turn solid when chilled

## Rice bran oil

- Rice bran oil is made from the hard outer covering of rice called rice husk or chaff. and is darker in colour.
- It is low in saturated fatty acid and rich in unsaturated fatty acids
- Rice bran oil has lipid lowering properties and reduces cholesterol absorption.

- It is also known to be rich in oryzanol which lowers the plasma non-HDL level and increases plasma HDL levels.
- High smoking quality makes this oil ideal for all types of cooking from stir-frying and deep-frying.
- Rice bran oil is also used in cosmetics because of its moisturising properties.

### **Rice Bran Oil Extraction Process**

- Rice bran is the very thin layer of brown rice and most nutritious part. It is bestowed with high amounts of vitamins and minerals.
- It is manufactured from the inner husk and germ of brown rice. It has a mild nutty and neutral taste and stable when exposed to high temperatures.
- Rice bran oil is extracted by chemical solvent process or pressed directly from rice bran.
- For a minimal amount of oil extraction expelling pressing method can be used while large scale manufacturing uses solvent making technique.
- Hot extraction process gets more oil yield and pure edible oil than the cold processing.

### **Health benefits of Fortified Rice Bran Oil**

- It has multiple health benefits, including lowering cholesterol level due to its low trans-fat content and high mono-unsaturated and poly-unsaturated fat contents. It also acts as a booster and reduces the risk of cancer due to the high amount of Vitamin E it contains.
- This oil is recommended by The American Heart Association and the World Health Organization (WHO) as one of the best substitutes for other edible oils.
- According to the FSSAI, fortified oil can help a person fulfil 25-30% of the recommended dietary intake for vitamins A and D.

### **Significance of the move**

- This initiative by Nafed will significantly reduce the country's consumption dependence on imported edible oil in future.
- This will provide opportunities for Indian edible oil manufacturers further
- This initiative will provide easy access to Nafed branded high quality rice bran oil, which will also give a boost to the indigenous oil manufacturing industry.

**Extra reading:** <https://journalsofindia.com/nafed/>