

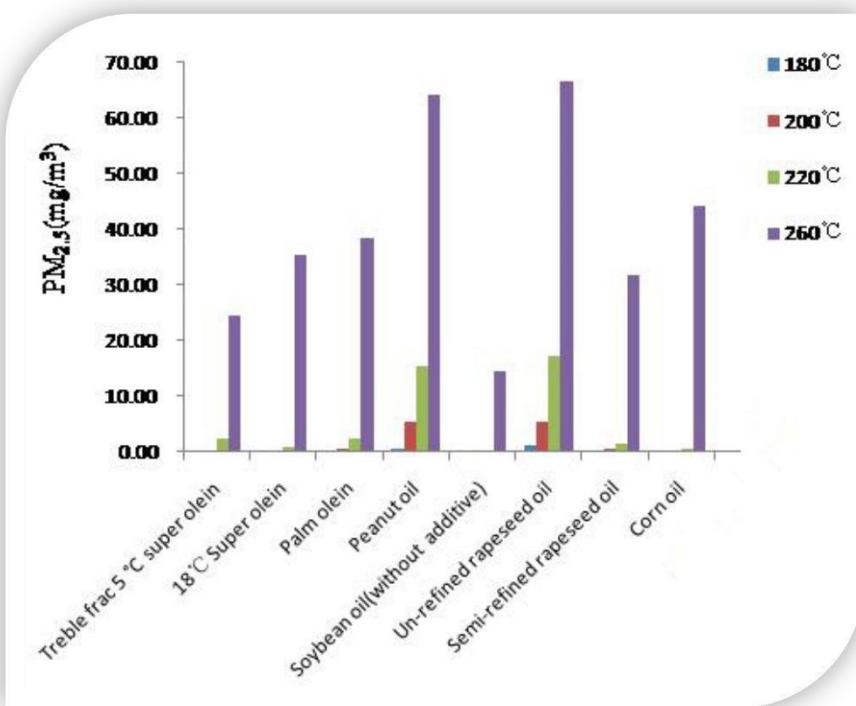


PALM COOKING OIL GENERATES LOWER PM_{2.5} EMISSION

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INTRODUCTION

Previous studies showed hydrolysis in cooking oil at high temperature cooking emitted particulate matters with 2.5 micrometer (PM_{2.5}).



FINDINGS

Researchers at PORTSIM China found that palm oil emits the lowest level of PM_{2.5} through deep frying trials using different types of cooking oil at different temperatures.

PM_{2.5} emission of 9 cooking oils at different temperatures

ADVANTAGES

Palm olein is an excellent choice for cooking

Excellent oxidative stability

Lowest PM_{2.5} emission while cooking with palm oil!



REFERENCE

DONG X Y, FANG J L, PAN K L, JI M, CHEN Y, LIU J Y, HUANG J Q and SHI L W (2017). Comparison of PM_{2.5} Concentrations Released by Different Edible Oils During Cooking and Frying. *Journal of Environmental Hygiene*, 7(03): 228-232.

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