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Editor's Note: [High Resolution Cottonseed Oil Images Available](#)

## **STUDY SHOWS COTTONSEED OIL CONSUMPTION BOOSTS VITAMIN E INTAKE**

*Pilot Study Suggests Cottonseed Oil as a Viable Dietary Source for Vitamin E, a "Nutrient of Concern"*

**CORDOVA, Tenn. – (June 16, 2009)** – A new study suggests cottonseed oil consumption significantly increases vitamin E intake without affecting fat intake, according to nutrition researchers at Texas Woman's University (TWU), Houston, Texas.

According to the Dietary Guidelines for Americans (DGA), vitamin E is a "nutrient of concern" for children, adolescents and adults. The percentage of Americans consuming the recommended daily level (15 milligrams per day for adults) of vitamin E through diet alone is less than seven percent. An adequate daily intake of vitamin E can promote health and may help prevent diseases such as heart disease, some forms of cancer and cognitive decline with age.

The study's results were unmistakable: when eating cottonseed oil-rich foods, subjects' vitamin E intake was 34 percent higher than their previous "regular" diet, helping them achieve 75 percent of the Recommended Dietary Allowance (RDA) for adults, versus just 53 percent prior to eating the cottonseed oil-rich foods.

The study, conducted by John Radcliffe, Ph.D., RD and Professor of Nutrition and Food Sciences, and fellow TWU researchers V. Imrhan, Ph.D., RD and J. Killough, MS, RD, served as a "pilot," to pave the way for a larger study to be completed later this year. Radcliffe and his fellow researchers studied ten healthy adult subjects (six female, four male), recording their regular diets for two weeks to establish a baseline for comparison. The subjects were then asked to consume two cottonseed oil-rich foods (one muffin per day made with commercially available cottonseed oil, and four servings of potato chips per week, fried only in cottonseed oil) for four weeks.

"The food products provided about one tablespoon of cottonseed oil per day," notes Radcliffe. "That is the equivalent of 33 percent of the Recommended Dietary Allowance, offering significant vitamin E benefit through just a small amount of oil."

What's more, the increased cottonseed oil consumption did not impact fat intake. The researchers believe the cottonseed oil-rich foods naturally displaced other foods in the subject's diets, thus helping them to receive all of the benefits of the added vitamin E, with no additional fat intake.

"It's important to note that the cottonseed oil-rich foods we provided – carrot muffins and potato chips – were extremely palatable. Subjects consumed 95 percent of both foods – an extremely high rate, and an added bonus to the research," explains Radcliffe. "After all, what good does it do to identify vitamin E-rich foods that no one likes? The goal is to find vitamin E boosting foods that people will readily eat, and these cottonseed oil-containing foods certainly fit the bill."

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This study was reported at the annual meeting of the American Society for Nutrition in New Orleans earlier this year. For more information about this study, or to schedule an interview with TWU researcher Dr. John Radcliffe, please contact Amy Wood at 503-274-0086, ext. 2.

**About John Radcliffe, Ph.D., RD, Professor of Nutrition and Food Sciences, TWU**

Dr. John Radcliffe develops and teaches graduate level coursework on nutrition, cancer research and preventative nutrition at Texas Woman's University (TWU) in Houston. His current research interests focus on health benefits from the consumption of vegetable proteins (such as cottonseed protein and soy protein) and vegetable oils (such as cottonseed oil and almond oil). Radcliffe's research efforts have been recognized and funded by groups such as the Texas Food and Fibers Commission, the Almond Board of California, and Texas Department of Agriculture.

**About the National Cottonseed Products Association**

NCPA is the national trade association for the cottonseed processing industry. In addition to the U.S. cottonseed crushing industry, association membership includes refiners, who process cottonseed oil into semi-finished and finished products, dealers and brokers who market cottonseed products, and other firms that provide goods and services to the industry. For more information, visit [cottonseed.com](http://cottonseed.com) and [cottonseedoiltour.com](http://cottonseedoiltour.com).

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