

FryTest.com

The Zero Trans Fat Cooking Oil Contest

Announcement of results

May 7, 2007

FryTest.com has announced the results of the Zero Trans Fat Cooking Oil Contest.

If partially hydrogenated oil is the gold standard of cooking oils, then all of the zero trans fat oils in the contest achieved platinum status.

The contest

FryTest.com is a 100% independent company that is not controlled by any food or cooking oil company. It is completely neutral.

The contest was conducted for FryTest.com by Texas A&M University from November 2006 to February 2007. Ten oils were tested. Nine of the oils were zero trans fat. The tenth was a leading brand of partially hydrogenated oil that was tested as a control.

The contestants were as follows:

- ◆ AAK- FryChef
- ◆ ACH
- ◆ Bunge (three oils entered)
- ◆ Cargill
- ◆ ConAgra
- ◆ Loders Croklaan
- ◆ Whole Harvest by Carolina Soy

Other companies were invited but declined to compete.

Each oil was used to fry French fries 300 times over 13 frying days.

The following tests were conducted:

- ◆ **Fatty acid profile** to determine percentages of trans fat, saturated fat, polyunsaturated fat, and monounsaturated fat in the oils.
- ◆ **Fry life** determined by (i) measuring Total Polar Materials and (ii) trained panelists evaluating for off-odors, off-flavors, and changes in texture or appearance as each oil was used for frying 300 times.

- ◆ **Food to oil ratio** to determine how many pounds of fries were cooked per pound of oil.
- ◆ **Consumer evaluations** of appearance, color, crispiness, greasiness, flavor, and overall liking. Consumer panels consisted of 49 and 50 consumers. All testing was blind. Consumers did not know the identity of any of the oils.

The results

The testing showed that all of the oils, except the partially hydrogenated oil, contained zero grams of trans fat per serving as defined by the FDA. The partially hydrogenated oil used as a control contained 28.79% trans fat.

All of the zero trans fat oils showed excellent fry lives that were functionally equivalent to or better than partially hydrogenated oil. None of the zero trans fat oils came even close to the end of fry life after 300 fryings. This proves there is no need to partially hydrogenate oils to obtain superb fry life.

Notably, all nine of the zero trans fat oils were preferred by consumers over the partially hydrogenated oil. The consumers rated the fries cooked in the ten oils on a scale of 1 (dislike) to 8 (like). The average flavor scores awarded by the consumers ranged from 5.1 to 5.8 with partially hydrogenated oil receiving the lowest score of 5.1. The average overall liking scores awarded by the consumers ranged from 5.2 to 5.9, with partially hydrogenated oil receiving the lowest score of 5.2. This confirms that zero trans fat oils are preferred by consumers.

The [full results](#) and [contest photographs](#) are posted on the FryTest.com website.

The FryTest.com website

The FryTest.com website contains an abundance of information about frying including:

- ◆ A [listing of zero trans fat oils](#), including oils that were not entered in the contest
- ◆ A [listing of zero trans fat French fries and other potato products](#)
- ◆ A [listing of fryers](#)
- ◆ [Sales contact information and “sell sheets” for each of the oils entered in the contest](#)
- ◆ Information about frying including [economics](#), [oil color](#), [frying donuts](#), [FAQs](#), and much more

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