

Determination of Polar compounds (TPC) in Vegetable Oil



During frying, oil undergoes degradation due to their exposure to elevated temperatures which result in changes in the physio-chemical, nutritional and sensory properties of oil. Polar compounds are formed during frying. The toxicity of these compounds is known to have adverse health effects on humans.

Total polar compounds test is a widely accepted test to check the safety of cooking oil used for preparation of food. TUV India uses column chromatography with a method based on AOAC to analyse the amount of total polar compounds in cooking oil.

FSSAI has set clear instructions to all food business operators that reuse of cooking oil for frying should be avoided. Re-use of leftover cooking oil should be avoided.

In order to safeguard consumer health, FSSAI released a notification and fixed a limit for Total polar compounds in cooking oils.



Type of Cooking oil	Limit prescribed by FSSAI
Unused/fresh vegetable oil/fat	NMT 20 %
Used vegetable oil/fat	NMT 25 %

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