

Don: Afdhal Oil saves costs and lives too

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PETALING JAYA: After seven years of research and testing, Universiti Putra Malaysia scientists have created an extract that they claim can reduce the oil absorbed in fried food by up to 85%.

It's called Afdhal Oil, and project head Professor Dr Suhaila Mohamed from the Institute of Bioscience, said users need only use 10ml of the extract per 100ml of cooking oil, for them to reap the benefits of the product.

It's also made from 100% natural ingredients that included locally grown Rutaceaea (citrus family) plants.

"A lot of Malaysians suffer from cardiovascular diseases because we love fried food," she said at a press conference yesterday.

"But obviously it's not good for your body because it's high in fat. Using Afdhal Oil will reduce the risk of stroke and heart attacks when eating fried food," she added.

According to Dr Suhaila, lab tests showed that the extract also prevented oil spoilage, and allowed the same oil to be used over 80 times.

Dr Suhaila's team conducted numerous sensory and taste tests against regular cooking oil.

In each, the oil combined with the extract maintained its high marks after numerous frying, whereas the others showed a



Useful health product: Prof Dr Suhaila (third from left) and her team showing off the Afdhal Oil.

noticeable drop in crispiness and taste after repeated use.

"This is according to our tasters," she said.

Dr Suhaila said the healthiest oils on supermarket shelves were extra virgin olive oils but they could be quite pricey, and could not be used for deep-frying.

She hoped that with this product, consumers would be able to save

costs while also being health conscious. While the product is still in its infancy, Dr Suhaila has plans to mass market the extract.

But, she said her initial contacts with some local markets were not fruitful.

When asked if it was due to most consumers not confident with a 100% Malaysian product, Dr Suhaila agreed.

However, she was optimistic. "When more consumers are aware of the extract, a demand will lead to the supermarkets stocking up on Afdhal Oil," she said.

"We also have plans to ship it overseas as well, mainly to China," she added.

Currently Afdhal Oil is available for purchase on lazada.com.my for RM39 per 380ml bottle.