SUBJECT: ALLERGENS IN HIGHLY REFINED EDIBLE OILS

The potential causative agents of oil related food allergies are the proteins of the oilseed from which edible oils (soybean, canola, cottonseed, sunflower, corn, palm, palm kernel, coconut, peanut) are extracted. These edible oils are then processed through refining, bleaching and deodorization unit operations. These edible oils described in studies as "highly refined" do not demonstrate a significant hazard to allergic individuals, as shown in studies using the "gold standard" for food allergy diagnosis, the double-blind placebo-controlled food challenge.

Additionally, the “Food Allergen Labeling and Consumer Protection Act of 2004, Sec. 203, subsection 7, part C.c.1.qq.2.1" under Conforming Amendments, states that highly refined oils are exempted as major food allergens and thus no petition is needed.

“(1) Section 201 of the Federal Food, Drug, and Cosmetic Act (21 U.S.C. 321) (as amended by section 102(b)) is amended by adding at the end the following:

“(qq) The term 'major food allergen' means any of the following:

1. (A) Any highly refined oil derived from a food specified in paragraph (1) and any ingredient derived from such highly refined oil."

Senate Rpt.108-226 states: “Highly refined oils are intended to signify refined, bleached, deodorized (RBD) oils."

Below, I have listed articles relating to this topic.


Jamie L. Kabourek, M.S., R.D. and Steve L. Taylor, Ph.D., Soy foods and Allergies: Separating Fact from Fiction, The Soy Connection, Volume 11, Number 2, Spring, 2003

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