



# Grapeseed Oil

Grapeseed extract is a specialty supplement that has been available on the market and touted for its antioxidant, immune supportive and cardio-protective properties. Grapeseed oil has more recently entered the marketplace as a potential substitute for canola oil in the kitchen, or for cosmetic use on skin and hair. A byproduct of the wine-making industry, grapeseed oil is extracted from the seeds of grapes.

## What makes grapeseed oil different from other oils?

Some of the benefits of grapeseed oil are that it has a light, neutral flavor and a high smoke point (around 420°F) so it can be used for cooking with high heat. Grapeseed oil contains a mixture of phenolic compounds that are also present in other grape products like wine. However, phenols tend to rapidly change so it is unclear how many of these healthful compounds are actually present in the oil with or without heat. Of note, grapeseed oil has the highest omega-6 polyunsaturated fatty acids content among common cooking oils (1 Tbs contains 9470 mg)<sup>1</sup>. So drawbacks to consumers are that this product tends to be more expensive than other oils and it could have potential inflammatory effects from the high omega-6 content.

## What does the research say about health benefits?

Researchers at the Fred Hutchinson Cancer Research Center in Seattle, WA, found that the use of grapeseed supplements (containing extract, not oil) reduced the risk of prostate cancer in the VITamins and Lifestyle (VITAL) cohort. Men who used grapeseed supplements had a statistically significantly lower prostate cancer risk compared with non-users. Previously the same research group reported non-significant risk reduction of colorectal cancer and no association with lung cancer risk. The authors conclude that their recent findings need to be supported with more research before public health recommendations can be made. In sum, the extract may have health benefits but there is no evidence for health benefits of grapeseed oil.

## Sources

1. Tribole, Evelyn. The Ultimate Omega-3 Diet (2007) Available from <http://www.scribd.com/doc/45465371/Omega-6-in-Foods-2010>
2. Theodore M. Brasky, Alan R. Kristal, Sandi L. Navarro, Johanna W. Lampe, Ulrike Peters, Ruth E. Patterson & Emily White (2011): Specialty Supplements and Prostate Cancer Risk in the VITamins And Lifestyle (VITAL) Cohort, Nutrition and Cancer, 63:4, 573-582.
3. Image Source: [www.drweilblog.com](http://www.drweilblog.com)

## Quinoa Salad with Black Beans

*The original recipe features grapeseed oil, but canola and olive oil could also be used.*

1 mango, peeled and diced small  
1 red pepper, seeded and diced  
1 cup chopped scallions  
1 cup chopped fresh cilantro  
2 tablespoons red wine vinegar  
2 tablespoons grapeseed oil  
1/4 teaspoon salt  
2 cups cooked quinoa, cooled  
1 1/2 cups black beans, drained and rinsed (a 15-ounce can)  
A few leaves of lettuce for plating

Combine the mango, red pepper, scallions, and cilantro in a mixing bowl. Add the red wine vinegar, grapeseed oil, and salt and stir to combine. Add the quinoa and stir until everything is well incorporated. Fold in the black beans.



*Source: Recipe provided by vegan cookbook author Isa Chandra Moskowitz*

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