

## How to extract high quality nut kernel oil

The oil content of nuts is as high as 65%-80%. They are also rich in protein, carbohydrates, calcium, phosphorus, iron, B vitamins and niacin, which have high nutritional value.

Nut oil extraction and refining can not do without the help of refining machinery, [microwave drying machinery](#) and equipment is to open up a new shortcut for oil refining.

The results show that nut oil can slow down the formation of cancer-causing ketone derivatives in the intestine and prevent intestinal cancer. The beta-sitosterol in nut oil can prevent the growth of prostate cancer cells. It is the most easily absorbed oil in the stomach and intestines, and it can prevent rheumatoid arthritis for a long time.

Nut oil extracted by [nuts kernels oil pressing](#) not only provides vitamins, minerals and other important nutrients for human beings, but also has the functions of antioxidation, anti-mutation, cancer prevention, immunity enhancement, anti-allergy, blood pressure regulation and cholesterol. Among them, antioxidant activity plays an important role in preventing cancer, cardiovascular disease and anti-aging.



The results showed that the color, acid value and peroxide value of sesame oil obtained by hydraulic cold pressing were superior to the national standards of hot pressed sesame oil and sesame oil.

The content of acid and unsaturated fatty acid was the highest, the induction time of oxidation was the longest, and the scavenging ability of 1,1-diphenyl-2-trinitrophenylhydrazine (DPPH) free radical was the strongest, and the antioxidant activity of the pepper seed oil was better. The scavenging and reducing abilities of anion radical and H<sub>2</sub>O<sub>2</sub> were stronger than those of petroleum ether extraction and supercritical CO<sub>2</sub> extraction.

In this study, nuts oil was prepared by screw hot pressing, screw cold pressing and hydraulic pressing. The fatty acid composition of nuts oil was analyzed by gas chromatography (GC) and mass spectrometry (MS). The antioxidant capacity of walnut oil and rutin to scavenge hydroxyl radical, superoxide anion radical, 2'-diamine-bis-3-ethylbenzothiazoline-6-sulfonic acid (2,2'-azino-bis (3-ethylbenzothiazoline-6-sulfonic acid), 2'-bis (2,2'-ethylbenzothiazoline-6-sulfonic acid), ABTS free radical was studied in vitro.

The correlation between total phenolic content and antioxidant activity was analyzed in order to

determine the best way to produce nut oil, and the relationship between the content of active components and antioxidant activity was preliminarily explored.