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Corn Oil

National Cancer Institute

Source

National Cancer Institute. *Corn Oil*. NCI Thesaurus. Code C392.

An oil extracted from the germ of corn. Refined corn oil is about 59% polyunsaturated fatty acid, 24% monounsaturated fatty acid, and 13% saturated fatty acid. The main use of corn oil is in cooking, where its high smoke point makes it a useful frying oil.