

### **Summary:**

Unhydrogeated and partially hydrogenated oils from cottonseed, peanuts, soybeans, and sunflowers are good sources of linoleic acid, an essential fatty acid. Hydrogenation of soybean oil extends shelf life, gives better flavor stability, physical and plastic properties. Nutritional properties of the oilseed meals and derived protein products depends on their amino acid composition, presence of biologically active proteins and a variety of nonprotein compounds. For example, phytic acid found in all four oilseeds has been implicated in preventing absorption of dietary zinc, calcium, magnesium, and iron as per the research.

In the recent time soy protein texturization has resulted in variety of products like meat extenders, meat analogues. Large number of snack items has been designed and widely accepted due to extrusion texturization.