

Tips to Reduce LPG and Cooking Oil Consumption

L. C. De^{1*} and Tulipa De²

¹ICAR-NRC for Orchids, Pakyong-737106, Sikkim

²Seacom Skill University, Bolpur, Birbhum, West Bengal

Corresponding Author

L. C. De

Email: lakshmanchandrade@gmail.com



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ABSTRACT

Due to West Asia war the LPG price hike and unavailability affected several sectors, particularly the food and beverage (F&B) industry, forcing many caterers to shut down. The Solvent Extractors' Association of India highlighted those geopolitical tensions, freight costs, and weather risks like El Niño make the country vulnerable to price shocks. Reducing consumption of edible oil is an effective way to cut forex outflow and enhance economic stability. The government has been urging consumers to shift to Piped Natural Gas (PNG) as a more stable alternative. There are number of tips are available to be taken up at home to reduce LPG consumptions and to cut down excessive oil consumptions.

INTRODUCTION

The Strait of Hormuz, one of the world's most critical energy corridors, handles a substantial share of global oil and liquefied natural gas exports. Disruption in this narrow shipping route between Iran and the Arabian Peninsula has triggered the LPG crisis because of West Asia War. The LPG price hike and unavailability affected several sectors, particularly the food

and beverage (F&B) industry, forcing many caterers to shut down. There are number of strategies can be taken up to reduce Liquefied Petroleum Gas (LPG) consumption by nearly 50% amid ongoing supply shortages in several parts of India due to the Middle East conflict. Similarly, cooking oil is an essential part of Indian cuisine, from tadkas and curries to fried snacks and parathas. However, excessive oil

consumption can quietly increase calorie intake and contribute to lifestyle-related health problems such as obesity, high cholesterol and heart diseases. Prime Minister Narendra Modi urged households to cut cooking oil use by 10%, stressing it would serve 'both the nation and the body. India meets around 60% of its edible oil demand through imports, spending nearly ₹1.61 lakh crore in 2024-25. The Solvent Extractors' Association of India highlighted those geopolitical tensions, freight costs, and weather risks like El Niño make the country vulnerable to price shocks. Reducing consumption is an effective way to cut forex outflow and enhance economic stability.

LPG Consumption in India

During 2025-26, the total LPG consumption for the fiscal year ending March 2026 was 33.212 million tonnes, marking growth despite the late-year slump, according to PPAC. Typically, India consumes about 80,000 to 90,000 tonnes of LPG daily, as per data from Sanskritiias and The Hindu. Domestic production was boosted by 38% after supply orders, reaching ~1.4 million tonnes in March 2026. The government has been urging consumers to shift to Piped Natural Gas (PNG) as a more stable alternative. India's LPG consumption in April 2026 fell by 16.2% year-on-year to 2.2 million metric tons due to supply disruptions from the West Asia conflict, following a 13% drop in March. Despite this, annual consumption for FY26 grew by 6% to 33.212 million tonnes, driven by 332 million active domestic connections, notes data from PPAC.

Tips to reduce LPG consumption

Use of Pressure Cooker: Use of Pressure Cooker reduces cooking time by 30 to 70%, especially for dals, beans, potatoes, and meats etc. According to the PCRA, pressure cooking saves 20% of fuel on rice, 46% on soaked pulses, vegetables on 50-70% and 41.5% on

meat. While cooking rice, 2-3 times boiling at 10 minutes interval instead of continuous boiling can be practiced.

Soaking of Dry Food items: Dried pulses, beans and rice are soaked before cooking to reduce cooking time and LPG consumption, since soaked foods cook 30 to 50% faster. The typical soaking times for rajma or Chickpea are 8 to 10 hours; for dals, 30 to 60 minutes; and for rice, 20 to 30 minutes.

Burner size: Usage of a large burner for small vessels wastes gas, so a small burner is recommended for items like tea, tadka, omelet, coffee and reheating, while a large-sized burner should be used for pressure cooking or boiling water. Notably, the burner's flame should not be allowed beyond the circumference of the pan or cooker. The small burners consume 6- 10% less fuel when compared to big burners, even when set on the same flame height. Lowering the flame after reaching the boiling point or during frying can even save up to 25% fuel.

Cover cooking pot with lids: Cooking with a lid retains heat, reduces evaporation loss and speeds up cooking. It can reduce fuel use by 20 to 25%.

Cut vegetables in smaller pieces: Cutting of vegetables into smaller pieces speeds up cooking time due to more surface area and faster heat penetration.

Club multiple items: Cooking multiple items like both veg and non-veg items together in a pressure cooker can save gas.

Check the burners for any blockage: Cleaning of burners every few weeks is essential for faster heating, blue flame and lower LPG use since blocked burner holes cause inefficient combustion. It is important to note that yellow flames indicate incomplete combustion.

Use of residual heat: Many foods continue cooking with trapped heat, so turning off the stove early save's energy. Turn off the gas 2-3 minutes before the food is fully cooked and let the residual heat finish the cooking process for better fuel efficiency.

Use flat-bottomed heavy vessels: Use of heavy-bottom cookware like thick base stainless steel, triply steel and cast iron, reduces cooking time by distributing heat evenly.

Smarter cooking: For boiling water, eggs or potatoes an electric kettle must be used as it is more energy-efficient than LPG usage.

Avoid over-cooking and excess water: Use only enough water to cook the food to reduce the energy needed for evaporation.

Check for leaks: Ensure there are no leakages in the hose pipe or regulator, as these can waste large amounts of gas.

Edible Oil Consumption in India

Edible oil consumption is one of the important factors in human diets as it is harmful to health, as well as economically, if not consumed properly. Over the past ten years, Indian households' per capita income has increased significantly. Increasing economy is leading to strong expansion, which is changing the eating patterns among people and promoting ready-to-eat foods. From 2000 to 2017, the global per capita consumption of edible oil increased from 18.95 to 25 kg/year. In India, it has also gone up from 11.1 to 17 kg per year. India uses more than 24 million tons of edible oils annually (Yadav *et al*, 2022). After the United States, China, and Brazil, India has the fourth-largest edible oil market in the world. The demand for edible oil in India is accelerating due to factors like a growing population, rising consumption rates, and rising per capita income.

India's total edible oil production was recorded at 12.18 million tonnes during 2023-24. The country can meet only 44 percent of its domestic demand for edible oils through internal production. Despite being among the world's largest producers of oilseeds, India remains substantially dependent on imports to bridge its edible oil deficit. Notably, import dependence on edible oils has declined from 63.2% in 2015-16 to 56.25% in 2023-24 reflecting a modest improvement in self-sufficiency from 36.8% to 43.74%.

In recent trend, intake of calories from foods high in fibre, such as whole grains, pulses, and roots, have decreased while intake of calories from oils and fats have increased. Rising income and living standards are to blame for this acceleration in growth. In India, vegetable oils used in cooking comprise 80% of the visible fat ingested, furthermore, fat intake is income-dependent, and a single oil is typically used for cooking, especially in rural areas. There has been an alarming increase in incidence of NCDs (Non-Communicable Diseases) like obesity, cardiovascular diseases, diabetes and cancers. NCDs are estimated to account for 71% of the 41 million global deaths. India is also following the same trend (Bhattacharya *et al*, 2023).

Indian cooking conditions subject oil to very high temperatures, like in deep frying during which the oil temperatures can go above 170 °C. It has been demonstrated that certain oils, especially refined oils with high PUFA, can degrade easily to toxic components like free radicals, transfats, melondialdehyde (MDA), etc., which are potentially mutagenic and atherogenic (Fullana *et al*, 2004). Repeated frying of the oil can further damage the oil and produce more toxic components that are highly harmful to the heart.

Edible oils high in saturated fats (like ghee/coconut oil) can be used for Indian cooking, as they are comparatively stable

during frying. Earlier, oils high in SFA were considered harmful since they increase LDL-c but recent studies indicate that oils high in short/medium-chain SFA (like coconut oil) have not demonstrated adverse health effects. Mustard and rapeseed oils – due to their favourable LA/ALA ratio, low SFA, and high MUFA content along with their relative stability during cooking – can be a preferred choice, particularly mustard oil in its no refined (cold-pressed) form. In fact, epidemiologic studies suggest that mustard oil consumption can reduce the risk of Coronary Heart Diseases (CHD). Further, appropriate blending of edible oils (such as rice bran and safflower oil; coconut and sesame oil; canola and flaxseed oil) also appears to be a good option to reduce the plasma lipids, inflammation and, thus, the CHD risk.

Tips to Reduce Cooking Oil Consumption

Choose the right cookware: This is one of the easiest methods to cut down on oil investing good-quality cookware. According to experts, non-stick pans, cast-iron skillets, and ceramic-coated cookware require less oil as compared to traditional utensils. Switching to these cookwares can easily cut down daily oil intake. This cookware also adds nutrition to the food. For instance, cooking dishes in iron cookware adds improve iron content of the food and benefits the human body

Measure oil instead of pouring freely: This is one of the most common techniques practiced by cooks at home. A simple switch to measuring spoons can significantly reduce consumption and more importantly it makes the food lighter and good for the gut and overall body.

Explore healthier cooking methods: Instead of deep frying, try grilling, roasting, steaming, baking, or air-frying. These methods mostly give good results without compromising on taste and texture.

se water or stock for sautéing: Indian dishes often begin with a good portion of oil in which onions, ginger, garlic, and tomatoes are sauteed. However, ingredients can also be cooked using a few drops of oil, followed by a small splash of water, vegetable stock, or curd. This technique helps avoid the sticking of veggies to the pan and softens and cooks ingredients effectively without requiring excessive oil.

Enhance flavour with herbs and spices: We often think that use of excess oil makes food richer and tastier. Instead, flavour can be built using herbs, spices, and aromatics as well. Start using a lot of garlic, ginger, curry leaves, mustard seeds, lemon juice, coriander, mint, black pepper, and roasted spices in the savoury dishes and one can notice a huge difference in the taste and texture of the dish.

Reduce deep-fried foods: Everybody knows that deep-fried snacks are delicious but tend to absorb large quantities of oil. Thereby instead of fried foods one can make a noticeable difference to overall consumption. The same dishes can be air-fried with a few drops of oil, or one can bake dishes like samosa, pakora, and cutlet to satisfy cravings while being much lighter and healthier.

Switch to oil sprays or brushes: When making paratha or pitha, we often use a spoon for greasing the dish. Expert Cook suggests switching to oil spray bottle or silicone brushes, as they help distribute oil evenly across the pan or food surface and use 60-70% less oil.

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