

Waste Lipids Conversion to Sustainable Aviation Fuel



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Abstract: The decarbonization of the aviation sector requires scalable, drop-in sustainable aviation fuels (SAFs) capable of meeting stringent performance specifications while achieving substantial lifecycle greenhouse gas reductions. Among certified SAF pathways, the upgrading of waste lipids—such as used cooking oil, animal fats, and acid oils—via catalytic hydroprocessing has emerged as the most technologically mature and commercially deployed solution. Owing to their intrinsic molecular similarity to long-chain hydrocarbons, triglycerides and free fatty acids provide a structurally favorable platform for jet fuel production. However, compositional heterogeneity, high free fatty acid content, contaminant-induced catalyst deactivation, and hydrogen-intensive deoxygenation pose significant upgrading challenges. Catalytic conversion toward jet-range hydrocarbons involves an integrated network of hydrogenation, hydrodeoxygenation, decarboxylation/decarbonylation, hydroisomerization, and selective hydrocracking reactions. Balancing hydrogen efficiency, carbon retention, and product selectivity within the C8–C16 range is central to achieving aviation-grade fuel specifications. Advances in multifunctional metal–acid catalysts, hierarchical porous materials, and hydrogen management strategies are improving jet fuel yield and process stability. Although feedstock availability limits long-term scalability, waste lipid valorization provides a critical near-term pathway for aviation decarbonization and serves as a technological foundation for future SAF innovations. Continued progress in catalyst design, renewable hydrogen integration, and process intensification will determine its evolving role within a low-carbon aviation ecosystem.

Keywords: Waste Lipids; Sustainable Aviation Fuel (SAF); Hydroprocessed Esters and Fatty Acids (HEFA); Hydrocracking; Jet-range Hydrocarbons

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1 Introduction

The aviation sector is widely recognized as one of the most challenging domains to decarbonize within the global energy transition [1, 2]. Unlike ground transportation, which can progressively electrify, long-haul aviation remains fundamentally dependent on liquid hydrocarbon fuels due to stringent requirements for high gravimetric energy density, thermal stability, low freezing point, and compatibility with existing turbine engines and fuel infrastructure [3]. Consequently, sustainable aviation fuel (SAF) has emerged as the most realistic near- and mid-term pathway to reduce lifecycle greenhouse gas (GHG) emissions

from aviation [4]. Among the various SAF production routes certified under ASTM D7566, the conversion of waste lipids into hydrocarbon jet fuel through the hydroprocessed esters and fatty acids (HEFA) pathway has achieved the highest level of technological maturity and commercial deployment [5].

Waste lipids—including used cooking oil (UCO), waste animal fats, trap grease, soapstock, and acid oils—represent an especially attractive feedstock class [6]. Unlike first-generation vegetable oils derived from soybean, palm, or rapeseed, waste lipids do not directly compete with food

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supply chains or agricultural land use [7]. Their utilization therefore mitigates indirect land-use change concerns and enhances the overall carbon intensity reduction of the fuel [8]. From a molecular standpoint, these feedstocks are composed primarily of triglycerides and free fatty acids (FFAs) [9], which contain long aliphatic carbon chains (typically C16–C18) already within the range required for jet-fuel hydrocarbons [10]. This structural proximity to petroleum-derived paraffins significantly lowers the extent of carbon–carbon bond reconstruction needed during upgrading [11–13], thereby improving theoretical carbon efficiency relative to carbohydrate- or lignocellulose-based pathways [14, 15].

Commercial implementation of waste lipid upgrading has been led by companies such as Neste and World Energy [16, 17], which have demonstrated that lipid hydroprocessing can be integrated into existing refinery infrastructure. The compatibility of HEFA technology with conventional hydrotreating units allows relatively rapid scale-up compared with emerging routes such as alcohol-to-jet (ATJ) [18, 19] or Fischer–Tropsch synthesis from gasified biomass [20, 21]. As a result, waste lipid-derived SAF currently constitutes the dominant share of global SAF production capacity [22, 23].

Despite these advantages, the transformation of heterogeneous waste lipids into specification-compliant aviation fuel is far from trivial [24]. Waste-derived feedstocks often exhibit high variability in free fatty acid content, water concentration, trace metals (Na, K, Ca, Mg), sulfur compounds, and oxidative degradation products [25, 26]. These impurities can poison active metal sites [27, 28], accelerate coke formation [29], and shorten catalyst lifetime. Moreover, triglycerides must undergo sequential hydrogenation [30], C–O bond cleavage [31], propane removal [32], and hydrosomerization to yield branched iso-paraffins with sufficiently low freezing points (typically below $-47\text{ }^{\circ}\text{C}$ for Jet A-1) [33]. Achieving these transformations with high carbon efficiency while minimizing hydrogen consumption remains a central catalytic challenge [34].

At the reaction-network level, waste lipid conversion involves a complex interplay among hydrodeoxygenation, decarboxylation, decarbonylation, hydrocracking, and skeletal isomerization pathways [35]. Each elementary route carries trade-offs between hydrogen demand, carbon retention, product selectivity, and energy efficiency. For instance, hydrodeoxygenation preserves carbon number but requires substantial hydrogen input [36], whereas de-

carboxylation reduces hydrogen consumption at the expense of carbon loss as CO_2 [37]. The subsequent isomerization and controlled hydrocracking steps must then tailor the molecular architecture to satisfy aviation fuel specifications without excessive formation of light gases [38].

Therefore, the upgrading of waste lipids into aviation fuel sits at the intersection of catalysis science, reaction engineering, refinery integration, and sustainability assessment. Continued advances in multifunctional catalyst design, hydrogen management, and feedstock pretreatment will be essential to enhance economic viability and carbon performance. As global aviation demand rebounds and decarbonization targets tighten, waste lipid valorization stands as both a practical solution for immediate emission reductions and a platform for future catalytic innovation.

2 Feedstock Characteristics and Upgrading Challenges

Waste lipids constitute a highly heterogeneous class of renewable carbon resources, encompassing used cooking oil (UCO), waste animal fats (tallow, lard, poultry fat), brown grease from wastewater treatment systems, soapstock from vegetable oil refining, and acid oils generated during chemical processing [39]. Unlike refined vegetable oils with relatively uniform composition, these materials originate from diverse collection networks and undergo varying degrees of thermal oxidation, hydrolysis, and contamination during use and storage [40]. As a result, their physicochemical properties—acid value, moisture content, metal concentration, degree of unsaturation, and polymerized residue fraction—can fluctuate substantially from batch to batch. This compositional variability presents one of the most critical barriers to stable catalytic upgrading toward aviation fuel [41].

At the molecular level, waste lipids are primarily composed of triglycerides and free fatty acids (FFAs), with carbon chain lengths typically in the C14–C22 range and a predominance of C16 and C18 species. The fatty acid profile often includes palmitic acid (C16:0) [42], stearic acid (C18:0) [43], oleic acid (C18:1) [44], and linoleic acid (C18:2) [45], though the relative distribution depends strongly on the original feedstock and cooking history. The presence of unsaturated C=C bonds has dual implications. On the one hand, hydrogenation of these double bonds is relatively facile and can enhance fuel stability. On the other hand, polyunsaturated species are more prone to thermal

polymerization and oxidative degradation, forming high-molecular-weight oligomers that contribute to coke precursors during hydrotreating [46]. Consequently, understanding the unsaturation degree is essential for predicting hydrogen demand and catalyst deactivation trends.

One defining characteristic of many waste lipid streams is their elevated free fatty acid content [47]. While refined edible oils typically contain less than 1 wt.% FFA, waste-derived materials may contain 10–80 wt.% FFA, particularly in acid oils and trap grease [48]. High FFA levels significantly influence process design. In ester-based feedstocks, triglycerides must first undergo hydrogenolysis to release fatty acids and propane, whereas FFA-rich streams bypass this step but introduce higher corrosivity and potential acid-catalyzed side reactions [6]. Moreover, FFAs readily form soaps in the presence of alkaline metals, complicating separation and pretreatment [49–51]. From a catalytic standpoint, FFAs can adsorb strongly on active metal sites [22], altering surface coverage and affecting selectivity between hydrodeoxygenation (HDO), decarboxylation (DCO_2), and decarbonylation (DCO) pathways.

Impurities represent an equally critical challenge [52]. Waste lipids frequently contain water (0.1–5 wt.% or higher), suspended solids, phospholipids, and trace metals such as Na, K, Ca, Mg, and Fe. Even ppm-level concentrations of alkali and alkaline earth metals can poison sulfided hydrotreating catalysts by neutralizing acid sites or forming stable surface compounds. Phosphorus-containing species are particularly detrimental, as they irreversibly deactivate active metal phases and reduce catalyst lifetime [53]. In addition, chlorine and sulfur impurities may induce corrosion or alter the sulfidation state of catalysts [54]. Therefore, rigorous pretreatment—degumming, filtration, adsorption, and drying—is often required before catalytic upgrading. However, each additional pretreatment step increases operational cost and energy consumption, thereby influencing overall process economics [55].

Another intrinsic upgrading challenge arises from the mismatch between fatty acid carbon numbers and jet fuel specifications [56]. Most waste lipids are rich in C16–C18 chains, whereas aviation fuels ideally consist of hydrocarbons in the C8–C16 range with controlled branching [29]. Direct hydrodeoxygenation of C18 fatty acids yields predominantly n-C18 paraffins (or n-C17 via decarboxylation), which exhibit high freezing points and poor cold-flow properties. Thus, subsequent hydroisomerization and selective hydrocracking are mandatory to tailor chain length and introduce branching [57]. Achieving this transformation

without excessive overcracking to light gases (C1–C4) requires precise tuning of metal–acid balance, pore structure, and reaction severity [58]. Diffusion limitations within microporous catalysts can further exacerbate secondary cracking and coke formation, especially when processing heavy or partially polymerized waste lipid fractions.

Hydrogen consumption constitutes another major upgrading constraint [59]. Hydrodeoxygenation theoretically requires three moles of hydrogen per mole of fatty acid to fully remove oxygen as water, in addition to hydrogen for double-bond saturation and hydrocracking. In large-scale facilities, hydrogen supply often dominates operational expenditure and carbon intensity. While decarboxylation and decarbonylation pathways reduce hydrogen demand, they incur carbon loss as CO_2 or CO and may alter heat management within the reactor [41]. Optimizing hydrogen efficiency while maintaining high carbon retention and jet-range selectivity is therefore a central design objective [60]. The integration of renewable hydrogen [61], membrane reactors [51], or alternative deoxygenation strategies may play a decisive role in future process improvements [62, 63].

Thermal stability and storage behavior of waste lipids also influence upgrading performance. Prolonged storage under ambient conditions promotes oxidation [64], increasing peroxide value and generating aldehydes, ketones, and polymeric species. These compounds not only complicate reaction networks but also accelerate coke deposition on catalyst surfaces. In continuous fixed-bed reactors [65], coke accumulation leads to pressure drop, loss of active surface area, and shortened cycle length. Developing coke-resistant catalysts with enhanced hydrogenation capability or hierarchical porosity is therefore essential for maintaining long-term stability under realistic feedstock conditions.

3 Catalytic Pathways Toward Jet-range Hydrocarbons

The catalytic upgrading of waste lipids into jet-range hydrocarbons involves a cascade of interconnected reactions that collectively remove oxygen, tailor carbon-chain length, and engineer molecular architecture to meet aviation fuel specifications [5]. Unlike conventional petroleum refining—where hydrocarbons are already oxygen-free—the transformation of triglycerides and free fatty acids requires selective C–O bond cleavage while preserving as much carbon backbone as possible [66]. Simultaneously, the final

product must exhibit appropriate volatility, low freezing point, high thermal stability, and compatibility with turbine engines. Therefore, catalytic pathways toward jet fuel are inherently multifunctional, integrating hydrogenation, deoxygenation, cracking, and isomerization within carefully designed reaction environments [5].

The most established pathway is the hydroprocessed esters and fatty acids (HEFA) route [67]. In this process, triglycerides first undergo hydrogenation of unsaturated C=C bonds over supported transition metal catalysts such as sulfided NiMo or CoMo [68]. This step stabilizes the feed and suppresses polymerization reactions. Subsequently, C–O bond cleavage proceeds via three principal routes: hydrodeoxygenation (HDO), decarboxylation (DCO_2), and decarbonylation (DCO) [22]. HDO removes oxygen as water and retains the carbon number of the fatty acid, yielding n-paraffins (e.g., C18 fatty acid to n-C18). In contrast, DCO_2 and DCO release CO_2 or CO, producing n-C17 hydrocarbons from C18 fatty acids [69]. The relative contribution of these pathways depends on catalyst composition, hydrogen partial pressure, temperature, and feed acidity. Sulfided catalysts under high hydrogen pressure generally favor HDO [70], while noble-metal catalysts or lower hydrogen environments promote decarboxylation routes [71].

From a thermodynamic and kinetic perspective, the competition among HDO, DCO, and DCO_2 directly influences hydrogen consumption and carbon efficiency. HDO is hydrogen-intensive but maximizes carbon retention [72], whereas decarboxylation reduces hydrogen demand at the cost of carbon loss [73]. In industrial HEFA plants, process optimization seeks a balance between these pathways to minimize hydrogen cost while maintaining acceptable carbon yield. Reaction temperatures typically range from 300–400 °C, with hydrogen pressures between 3–10 MPa. Under these conditions, glycerol backbones are hydrogenolyzed to propane [74], which can be recovered as a valuable co-product. The resulting long-chain n-paraffins, however, exhibit poor cold-flow properties and must undergo further upgrading before meeting jet fuel standards [75].

Hydroisomerization constitutes the next critical catalytic step [76]. Aviation fuels require freezing points below –47 °C (Jet A-1 specification), which cannot be achieved with linear paraffins due to their high crystallization tendency. Bifunctional catalysts combining metallic hydrogenation sites (e.g., Pt, Pd, or Ni) with acidic supports (e.g., SAPO-11, β -zeolite, or amorphous silica–alumina) enable

skeletal isomerization via a classical metal–acid mechanism [38]. On the metal site, paraffins dehydrogenate to form olefins, which migrate to Brønsted acid sites where carbenium ion intermediates undergo hydride shifts and methyl branching [77]. Subsequent hydrogenation on metal sites stabilizes the branched iso-paraffins. Controlling acid strength and pore topology is crucial: excessive acidity induces overcracking [29], while insufficient acidity limits branching. Medium-pore molecular sieves such as SAPO-11 are often preferred because they promote mono-branched isomers with minimal cracking, thereby preserving jet-range carbon distribution.

In addition to isomerization, selective hydrocracking is often necessary to adjust carbon-chain length [41]. Since waste lipids predominantly yield C16–C18 hydrocarbons after deoxygenation, controlled cracking is required to generate C8–C16 fractions characteristic of aviation fuel [78]. Hydrocracking occurs through β -scission of carbenium ions formed on acidic sites. The extent of cracking depends on temperature, acidity, and residence time [38]. A delicate balance must be achieved: insufficient cracking produces heavy diesel-range hydrocarbons, whereas excessive cracking yields gasoline-range or light gaseous products, reducing jet fuel yield [31]. Hierarchical zeolites with mesoporous networks have gained attention because they alleviate diffusion limitations and reduce secondary cracking, thereby improving selectivity toward the desired carbon window [79].

Beyond conventional sulfided catalysts, noble-metal systems (e.g., Pt, Pd, Ru) supported on oxides or zeolites have been explored for sulfur-free processing [80, 81]. These catalysts eliminate the need for sulfiding agents and reduce sulfur contamination in products. However, they are more sensitive to feed impurities and may suffer from sintering or metal leaching under hydrothermal conditions [82]. Recent research has focused on tailoring metal–support interactions to stabilize small metal nanoparticles and enhance resistance to deactivation [83]. For instance, strong metal–support interactions (SMSI) in reducible oxides such as TiO_2 or CeO_2 can modify electronic properties and promote selective decarboxylation pathways [31]. Meanwhile, bimetallic catalysts (e.g., Ni–Mo, Ni–W, Pt–Re) are being investigated to exploit synergistic effects that improve hydrogenation activity and suppress coke formation [84, 85].

An emerging area of interest is the development of multifunctional single-reactor systems that integrate deoxygen-

ation, isomerization, and cracking in one step [86]. Traditionally, HEFA processes employ sequential reactors—first hydrotreating, then hydroisomerization. Integrating these functions could reduce capital expenditure and energy consumption [87]. However, combining metal and acid functionalities in a single catalyst introduces challenges in balancing reaction rates. If deoxygenation proceeds too slowly relative to acid-catalyzed cracking, oxygenates may polymerize and form coke. Conversely, rapid deoxygenation without sufficient isomerization yields linear paraffins unsuitable for jet fuel. Rational catalyst architecture—such as core-shell structures or spatially separated active sites—has been proposed to address these kinetic mismatches.

Alternative catalytic strategies are also under exploration. One approach involves partial deoxygenation followed by aromatization to introduce controlled aromatic content [88]. Aromatics contribute to seal swelling in aircraft fuel systems and improve volumetric energy density. Tandem dehydrocyclization over metal-acid catalysts can convert long-chain paraffins into alkylbenzenes and cycloalkanes. However, excessive aromatization reduces hydrogen content and may compromise thermal stability. Thus, careful modulation of dehydrogenation and cyclization activity is required. Another strategy integrates lipid upgrading with light olefin streams, enabling alkylation reactions that adjust molecular structure and diversify product distribution [89].

Reaction mechanism studies using isotopic labeling and operando spectroscopy have provided insights into intermediate species and rate-determining steps [90]. For example, infrared spectroscopy reveals that fatty acids adsorb on metal surfaces through carboxylate species prior to C–O cleavage. Density functional theory (DFT) calculations indicate that hydrogen-assisted C–O bond scission barriers depend strongly on metal identity and surface coverage [22].

Hydrogen management remains a cross-cutting theme across all catalytic pathways [59]. Since hydrogen production often accounts for a significant fraction of lifecycle emissions, improving hydrogen efficiency directly enhances sustainability performance. Strategies include operating under conditions favoring decarboxylation to reduce hydrogen demand, integrating renewable hydrogen from electrolysis [91, 92], or exploring catalytic transfer hydrogenation using hydrogen-donor solvents [93]. Each approach introduces trade-offs in carbon yield, reactor complexity, and economic feasibility. Consequently, hydrogen

integration must be considered holistically within the broader refinery or biorefinery context.

4 Conclusion and Outlook

The catalytic upgrading of waste lipids into jet-range hydrocarbons represents one of the most technologically mature and commercially implemented pathways toward sustainable aviation fuel (SAF). Owing to their intrinsic molecular similarity to petroleum-derived paraffins, triglycerides and free fatty acids provide a structurally advantageous platform for producing drop-in aviation fuels. The HEFA route has demonstrated industrial scalability, refinery compatibility, and substantial lifecycle greenhouse gas reduction potential. Through integrated sequences of hydrogenation, deoxygenation, hydroisomerization, and selective hydrocracking, waste lipids can be transformed into aviation-grade iso-paraffins that meet stringent specifications for freezing point, energy density, and thermal stability.

Nevertheless, the pathway is not without limitations. Feedstock heterogeneity, impurity-induced catalyst deactivation, hydrogen-intensive processing, and finite global availability of waste lipids collectively constrain long-term scalability. Catalytically, the central challenge lies in balancing hydrogen efficiency with carbon retention while maintaining high selectivity toward C8–C16 branched hydrocarbons. Multifunctional catalyst design, precise metal-acid synergy, hierarchical pore architectures, and coke-resistant materials remain critical research priorities. Equally important is the integration of renewable hydrogen sources, which will ultimately determine the true decarbonization impact of lipid-derived SAF.

Looking forward, several strategic directions can be identified. First, the development of sulfur-free, earth-abundant catalytic systems capable of operating under milder conditions could enhance economic and environmental performance. Second, reactor and process intensification—such as single-step multifunctional upgrading or modular distributed units near feedstock sources—may reduce capital and logistical barriers. Third, coupling waste lipid conversion with valorization of co-products (e.g., propane, light gases) and integration within broader biorefinery concepts could improve overall carbon efficiency and profitability.

From a systemic perspective, waste lipids alone cannot satisfy projected global aviation fuel demand. However, they provide an essential bridging solution and a realistic

near-term mitigation pathway. Continued advances in catalysis science, reaction engineering, and lifecycle optimization will determine whether this platform evolves beyond incremental emission reduction toward a fully integrated component of a circular, low-carbon aviation ecosystem. In this context, waste lipid-to-jet fuel technology stands not merely as a transitional option, but as a foundational model for transforming heterogeneous bio-resources into high-performance transportation fuels.

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