WHAT IS CLAIMED IS:

1. A method comprising

contacting a composition with an aqueous solution to yield a mixture, wherein

the composition comprises

one or more of animal fats, animal oils, plant fats, plant oils, vegetable fats, vegetable oils, greases, and used cooking oil,

5 wt.% or more of free fatty acids,

10 wppm or more of total metals,

8 wppm or more phosphorus,

20 wppm or more of nitrogen, and

the aqueous solution comprises $(NH_4)_2H_2EDTA$, $(NH_4)_4EDTA$, a monoammonium salt of diethylenetriaminepentaacetic acid, a diammonium salt of diethylenetriaminepentaacetic acid, a triammonium salt of diethylenetriaminepentaacetic acid, a tetraammonium salt of diethylenetriaminepentaacetic acid, $(NH_4)_5DTPA$, a combination of citric acid and Na_4EDTA, a combination of citric acid and Na_2H_2EDTA, a combination of citric acid and a monosodium salt of diethylenetriaminepentaacetic acid, a combination of citric acid and a disodium salt of diethylenetriaminepentaacetic acid, a combination of citric acid and a trisodium salt of diethylenetriaminepentaacetic acid, a combination of citric acid and a tetrasodium salt of diethylenetriaminepentaacetic acid, a combination of citric acid and Na_5DTPA, or a combination of any two or more thereof; and

centrifuging the mixture to yield a first treated composition, wherein the first treated composition has less total metals and less phosphorus than the composition.

2. The method of Claim 1, wherein, prior to centrifuging, a caustic solution is added to the mixture.

3. The method of Claim 2, wherein the caustic solution comprises an aqueous ammonium hydroxide solution, aqueous potassium hydroxide solution, aqueous sodium hydroxide solution, or a combination of any two or more thereof.

4. The method of any one of Claims 1-3, wherein, prior to centrifuging, water is added to the mixture.

5. The method of any one of Claims 1-4, wherein the method further comprises

combining the first treated composition with an adsorption media to generate a slurry, the slurry comprising a resultant adsorption media and a second treated composition; and

separating the second treated composition from the slurry;

wherein the second treated composition has an amount of total metals and an amount of phosphorus that is 20% or less than the amount of total metals and an amount of phosphorus in the composition.

6. The method of Claim 5, wherein the adsorption media comprises one or both of silica and diatomaceous earth.

7. The method of Claim 6, wherein the adsorption media comprises both silica and diatomaceous earth, and the adsorption media has a weight ratio of diatomaceous earth to silica of 0.1:1 to 1.5:1.

8. The method of any one of Claims 1-7, wherein during the contacting, a weight ratio of the composition to $(NH_4)_2H_2EDTA$ in the aqueous solution is 50:1 to 500:1.

9. The method of any one of Claims 1-8, wherein during the contacting, a weight ratio of the composition to $(NH_4)_4EDTA$ is 50:1 to 500:1.

10. The method of any one of Claims 1-9, wherein during the contacting, a weight ratio of the composition to Na_4EDTA in the aqueous solution is 50:1 to 500:1.

11. The method of any one of Claims 1-10, wherein the combination of citric acid and Na_4EDTA comprises a molar ratio of citric acid to Na_4EDTA of 1:3 to 3:1.

12. The method of any one of Claims 1-11, wherein the combination of citric acid and Na_2H_2EDTA comprises a molar ratio of citric acid to Na_2H_2EDTA of 1:3 to 3:1.

13. The method of any one of Claims 1-12, wherein the aqueous solution comprises a combination of citric acid and $(NH_4)_2H_2EDTA$.

14. The method of Claim 13, wherein the combination of citric acid and $(NH_4)_2H_2EDTA$ comprises a molar ratio of citric acid to $(NH_4)_2H_2EDTA$ of 1:3 to 3:1.

15. The method of any one of Claims 1-14, wherein the aqueous solution comprises a combination of citric acid and $(NH_4)_4EDTA$.

16. The method of Claim 15, wherein the combination of citric acid and $(NH_4)_4EDTA$ comprises a molar ratio of citric acid to $(NH_4)_4EDTA$ of 1:3 to 3:1.

17. The method of any one of Claims 1-16, wherein during the contacting, a weight ratio of the composition to $(NH_4)_5DTPA$ in the aqueous solution is 50:1 to 500:1.

18. The method of any one of Claims 1-17, wherein the aqueous solution comprises a combination of citric acid and $(NH_4)_5DTPA$.

19. The method of Claim 18, wherein the combination of citric acid and $(NH_4)_5DTPA$ comprises a molar ratio of citric acid to $(NH_4)_5DTPA$ of 1:3 to 3:1.

20. The method of any one of Claims 1-19, wherein during the contacting, a weight ratio of the composition to Na_5DTPA in the aqueous solution is 50:1 to 500:1.

21. The method of any one of Claims 1-20, wherein the combination of citric acid and Na_5DTPA comprises a molar ratio of citric acid to Na_5DTPA of 1:3 to 3:1.

22. The method of any one of Claims 1-21, wherein composition comprises 5 wt.% to 15 wt.% free fatty acids

23. The method of any one of Claims 1-22, wherein the contacting comprises high shear mixing of the composition and the aqueous solution.

24. The method of any one of Claims 1-23, wherein centrifuging comprises a disc-stack centrifuge.

25. The method of any one of Claims 1-24, wherein the composition has an alkalinity value of 200 mg/kg and 6,000 mg/kg as measured by AOCS Test Method Cc 17-95.

26. The method of any one of Claims 1-25, wherein the aqueous solution has a pH of 4 to 6.

27. The method of any one of Claims 1-26, wherein the first treated composition comprises 1 wppm or less of sodium soaps.

28. The method of any one of Claims 1-27, wherein the second treated composition comprises 1 wppm or less of sodium soaps.

29. The method of any one of Claims 1-28, wherein the method further comprises hydroprocessing the first treated composition.

30. The method of any one of Claims 5-29, wherein the method further comprises hydroprocessing the second treated composition.

31. The method of any one of Claims 1-30, wherein the method does not comprise contacting the composition with bleaching clays.