

SOYBEAN OIL IN HUMAN HEALTH

Did You Know?

Soybean oil is one of the most widely consumed oil in the world.

Soybean oil's neutral flavor and high smoke point make it a versatile option for a wide range of cooking and baking applications.

Commonly used to make dressings, sauces, marinades, margarine, and shortening, soybean oil is an essential ingredient for the global food and restaurant industries.



SOYBEAN OIL AND "ESSENTIAL" UNSATURATED FATS

Soybean oil is predominantly "essential" unsaturated fats called omega-6 fats (linoleic acid) and omega-3 fats (alpha-linolenic acid).

Soybean oil is liquid at room temperature because over 80% of the fat in soybean oil is unsaturated fats.

Palm oil, butter, tallow, and lard are solid at room temperature because they are mostly saturated fats. It is recommended to limit saturated fats due to the risk of raising cholesterol and risk of heart disease.

SUPPORTS HEART HEALTH

In the U.S., formal recognition of the cholesterol-lowering effects of soybean oil came in 2017 when the FDA authorized the following qualified health claim:

"Supportive but not conclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease."

Unsaturated fats, the predominant fat in soybean oil, are considered beneficial because they may improve cholesterol levels and lower the risk of heart disease.

The American Heart Association (AHA) concluded that replacing saturated fats with unsaturated fats like the omega-6 fats (linoleic acid) found in soybean oil reduced the risk of heart disease by 29%.

Did You Know?

Essential fats are vital for human survival and must come from food.

LOWERS CHRONIC DISEASE RISK

The predominant type of fat in soybean oil, omega-6 (linoleic acid), is associated with a decreased risk of coronary heart disease, diabetes, cancer, and all-cause mortality.

Did You Know?

Replacing saturated fats with unsaturated fats can help lower blood cholesterol levels.

REDUCES INFLAMMATION

Clinical research shows soybean oil does not cause inflammation or oxidative stress.

Studies show that higher omega-6 fat intake is associated with reduced inflammation, and major health organizations confirm that omega-6 fats do not increase inflammation.

Soybean oil is a source of vitamin E, a natural antioxidant.

Scan the QR code for more information on soybean oil:



SOYBEAN OIL FAQs



Do health professionals recommend soybean oil?

Yes, the majority (80%) of fat in soybean oil is unsaturated fat that supports human health and may lower the risk of chronic diseases.

Can people allergic to soy eat soybean oil?

Yes, highly refined soybean oil does not cause allergic reactions in soy-allergic individuals.

What are the advantages of soybean oil crushed from U.S. soybeans?

Soybean oil produced with U.S. soybeans —whether crushed domestically or abroad:

- has the lowest carbon footprint compared to soybean oil from other global sources.
- delivers higher yields with more consistent quality compared to soybean oil from other sources.
- has the lowest refining cost, which reduces input costs for refiners.

How can I find soybean oil in the grocery store?

Soybean oil is often labeled “vegetable oil” just check the ingredient list to confirm.

I have heard soybean oil is a “seed oil,” are seed oils unhealthy?

No, the overwhelming scientific consensus confirms that plant-based seed oils, including soybean oil, offer significant health benefits and do not increase inflammation.

Scan the QR code to learn the facts about seed oils:

