

THE INFORMATION ON INFLAMMATION AND FATTY ACIDS

Most heart healthy soybean oil, often labeled as vegetable oil, is made with U.S. grown soybeans.



Soybean oil contains both essential fatty acids, the omega-6 fatty acid, linoleic acid, and the omega-3 fatty acid, alpha-linolenic acid.¹



Omega-6 polyunsaturated fat, such as linoleic acid, does not increase inflammation. Leading health organizations have concluded that omega-6 polyunsaturated fat, such as linoleic acid, does not increase inflammation.²



Scientists no longer make recommendations about the ideal dietary ratio of omega-6 to omega-3 fat.³



Omega-6 polyunsaturated fat in soybean oil may lower the risk of heart disease and does not cause inflammation.⁴



Soybean oil is an excellent source of ALA omega-3s, which some studies suggest may reduce all-cause mortality and CVD mortality.⁵



Omega-6 fatty acids found in soybean oil do not cause inflammation.

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