

THE INFORMATION ON INFLAMMATION

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

FACT

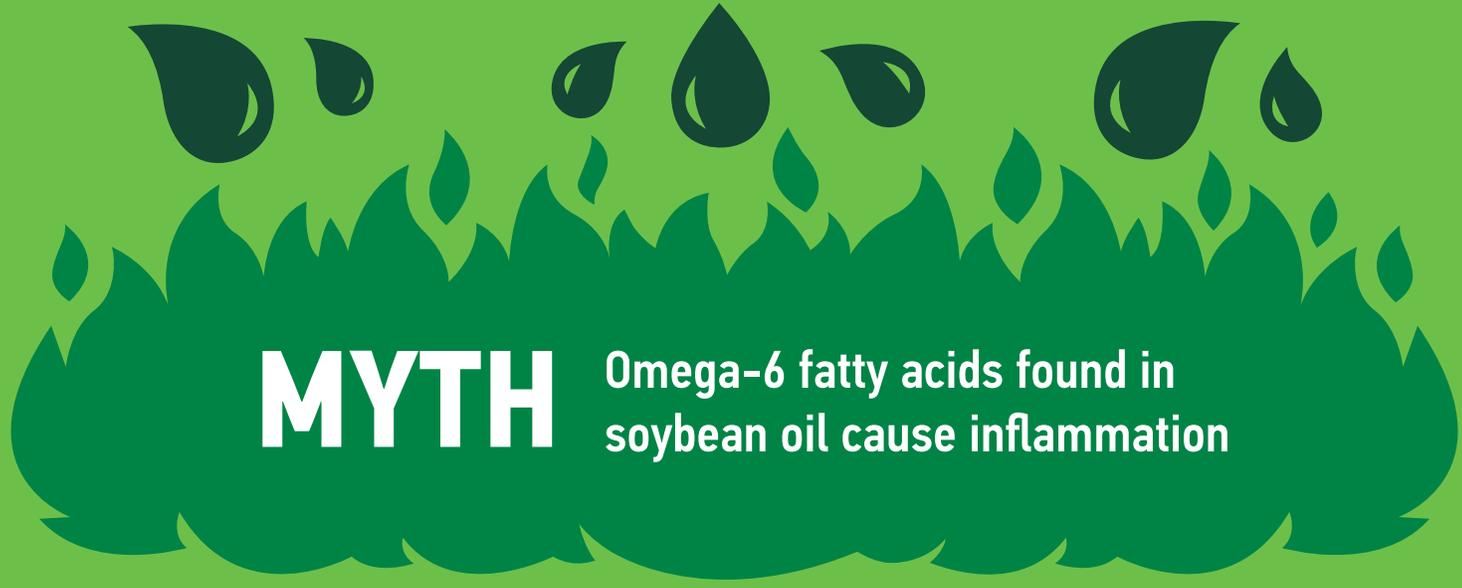
There is no rationale to recommend a specific dietary ratio of omega-3 and omega-6 fatty acids. Ensuring adequate amounts of each is more important than specific ratios¹.

FACT

Phytosterols, found in soybean oil, have been shown to lower LDL cholesterol by 10%².

FACT

Soybean oil is a source of vitamin E in the U.S. diet^{3,4}, particularly γ -tocopherol, a form of vitamin E with specific potential to inhibit inflammation⁴.



MYTH

Omega-6 fatty acids found in soybean oil cause inflammation

SOYBEAN OIL IS

HEART
HEALTHY



FACT

Soybean oil is an excellent source of ALA omega-3s which affect cardiovascular health and may reduce blood pressure. Just one tablespoon of soybean oil contains 932 mg of ALA⁵.

The American Heart Association (AHA) rejected concerns about pro-inflammatory properties of linoleic acid found in soybean oil and concluded that they are a **critical part of a heart-healthy diet** that may help to **reduce risk of heart disease** when replacing saturated fats⁶.

1. Fats and fatty acids in human nutrition. Report of an expert consultation. FAO Food Nutr Pap. 2010;91:1.

2. Ostlund RE, Jr. "Phytosterols in human nutrition." Annu Rev Nutr. 2002;22:533-549. <https://www.ncbi.nlm.nih.gov/pubmed/12055357>.

3. Kris-Etherton PM, Taylor DS, Yu-Poth S, et al. Polyunsaturated fatty acids in the food chain in the United States. Am J Clin Nutr. 2000; 71(1 Suppl):179S-88S.

4. Qing Jiang, Stephan Christen, Mark K Shigenaga, Bruce N Ames. γ -Tocopherol, the major form of vitamin E in the US diet, deserves more attention. The American Journal of Clinical Nutrition, Volume 74, Issue 6, December 2001, Pages 714-722. <https://doi.org/10.1093/ajcn/74.6.714>

5. U.S. Department of Health and Human Services Food and Drug Administration. "Food Labeling: Nutrient Content Claims; Alpha-Linolenic Acid, Eicosapentaenoic Acid and Docosahexaenoic Acid Omega-3 Fatty Acids; Guidance for Industry Small Entity Compliance Guide." <https://www.fda.gov/media/95996/download>. February 2016.

6. Harris WS, Mozaffarian D, Rimm E, et al. "Omega-6 fatty acids and risk for cardiovascular disease: a science advisory from the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism, Council on Cardiovascular Nursing, and Council on Epidemiology and Prevention." Circulation 2009;119:902-7. <https://www.ncbi.nlm.nih.gov/pubmed/19171857>.