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 ratios.

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

FACT
Soybean oil is a source of vitamin E in the U.S. diet, particularly γ-tocopherol, a form of vitamin E with specific potential to inhibit inflammation.

MYTH
Omega-6 fatty acids found in soybean oil cause inflammation

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 ALA.

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 fats.