

You Should Continue Adding Seed Oil Into Your Diet. Here's Why.

5 FASCINATING FACTS ABOUT SEED OILS



Vegetable oils are some of the most widely consumed cooking oils in the U.S., and they play an important role in providing our bodies with energy and essential fatty acids.¹

Seed oils are a subset of vegetable oils and are an ingredient in many common foods. They positively contribute to overall health with their unsaturated fat profile and provide key functionality in the preparation of many food products.²

In the last few years, conversation around seed oils has increased. While there is some concern around the negative impact they might have, these concerns are largely unfounded, as the desirable fat profile found in seed oils offer a variety of health benefits.³ Let's dig deeper into the science-backed evidence and explore more about seed oils and their benefits.



FACT #1:

They're found in many common foods

Soy, canola, corn, sunflower, cottonseed, grapeseed, safflower and rice bran are all considered seed oils. They are ingredients in many common foods and can be found in the grocery store in salad dressings, mayonnaise, chips, crackers, baked goods and more.

Soybean oil is the most widely used edible oil in the U.S.⁴ and is commonly labeled "vegetable oil."

FACT #2:

They may reduce inflammation

Seed oils contain omega-6 fatty acids, which are a type of polyunsaturated fats.⁵ Leading health organizations have concluded that omega-6 polyunsaturated fat does not increase inflammation.³ In fact, evidence suggests that diets high in omega-6 fatty acids reduced inflammation markers or left them unchanged.⁶

Soybean oil, one of the most commonly used seed oils, contains both essential fatty acids such as omega-6 fatty acids (linoleic acid) and omega-3 fatty acid (alpha-linolenic acid).⁵ Upping your intake of omega-3 fatty acids may help reduce inflammation, which is thought to be involved in the development of chronic conditions like heart disease, cancer and diabetes.⁷

FACT #3:

They may lower the risk of heart disease

Seed oils contain unsaturated fatty acid, and replacing saturated fats with beneficial unsaturated fats can be good for your heart.⁸ The [American Heart Association](#) recommends the majority of fats you consume should be monounsaturated or polyunsaturated, instead of foods that contain saturated fats.⁷ The majority of fat in seed oils is unsaturated.⁵

Evidence also suggests that a diet high in whole foods containing omega-6 – the type of

polyunsaturated fat found in seed oils – as part of a low-saturated fat, low-cholesterol diet can help lower cholesterol and blood sugar and reduce heart disease risk.⁹

Soybean oil contains the [Food and Drug Administration's \(FDA\) heart healthy claim](#). Supportive but inconclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) daily of soybean oil may reduce the risk of coronary heart disease.¹⁰ Additionally, soybean oil, due to its predominantly unsaturated fat profile, lowers circulating cholesterol levels and coronary heart disease risk and has no effect on markers of inflammation and oxidation.³

¹ Kumar A, Sharma A, Upadhyaya KC. Vegetable Oil: Nutritional and Industrial Perspective. *Curr Genomics*. 2016 Jun;17(3):230-40. doi: 10.2174/1389202917666160202220107. PMID: 27252590; PMCID: PMC4869010. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4869010/>

² Results of French Fry Sensory Study. "High Oleic Soybean Functionality Project Phase I Result Summary." *Stratas Foods, LLC*. 2015.

³ Messina M, Shearer G, Petersen K. Soybean oil lowers circulating cholesterol levels and coronary heart disease risk, and has no effect on markers of inflammation and oxidation. *Nutrition* 2021;89:111343

⁴ USDA Economic Research Service. "Oil Crops Yearbook." <https://www.ers.usda.gov/data-products/oil-crops-yearbook>. March 30, 2018. Table 31; "Edible Fats and Oils: U.S. Supply and Disappearance."

⁵ U.S. Department of Agriculture, Agricultural Research Service. *FoodData Central*, 2019. fdc.nal.usda.gov

⁶ *No Need to Avoid Healthy Omega-6 Fats*. *Harvard Health*, 2019. https://www.health.harvard.edu/newsletter_article/no-need-to-avoid-healthy-omega-6-fats

⁷ *Omega-3 Fatty Acids*. *National Institute of Health* <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/#en8>

⁸ *Polyunsaturated Fats*. *American Heart Association*. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/polyunsaturated-fats>

⁹ *Omega-6 Fatty Acids and Risk for Cardiovascular Disease*. *American Heart Association*, 2009. <https://www.ahajournals.org/doi/full/10.1161/circulationaha.108.191627#>

¹⁰ *U.S. Food and Drug Administration*. "Soybean Oil and Reduced Risk of Coronary Heart Disease." <https://www.fda.gov/media/106649/download>. July 31, 2017

FACT #4:

They can provide good fats

Seed oils contain unsaturated fatty acids, which can be supportive of reduced risk of chronic diseases such as obesity, type 2 diabetes and cardiovascular disease.^{5,11} Make sure when cooking with oils high in polyunsaturated fats to choose whole foods to support weight management.

Soybean oil contains both polyunsaturated fatty acid (~57%) and monounsaturated fatty acid (~22%) which have been shown to support the prevention of chronic diseases, like obesity, when used as a replacement for saturated fats.

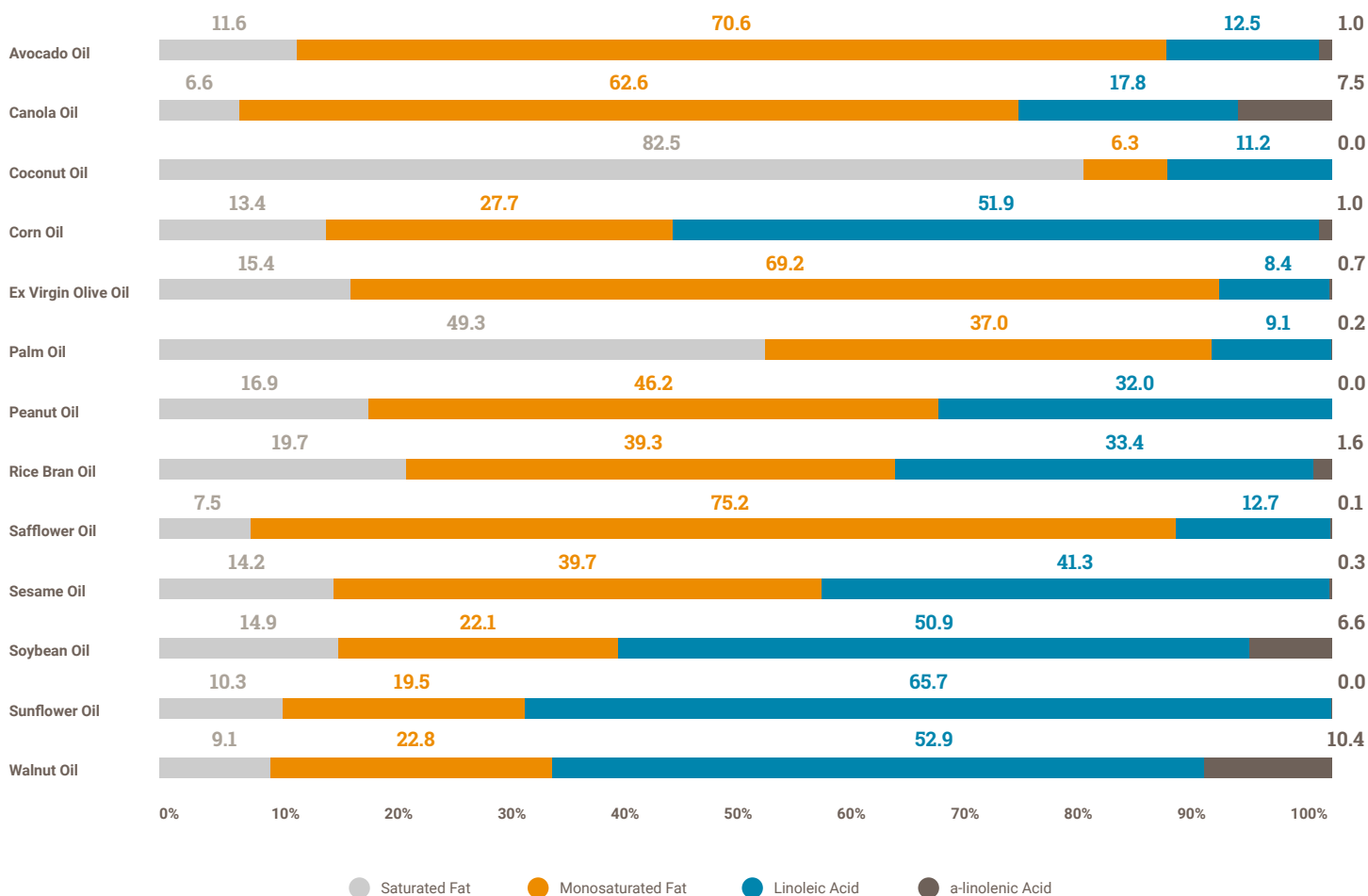
FACT #5:

They have varying fat profiles

Not all seed oils are the same when it comes to fat components, so we shouldn't lump them all together. Let's compare the dietary fat of the two most common oils: soybean oil vs. canola oil. Both oils contain both monounsaturated and polyunsaturated fats.⁵

Among seed oils, soybean oil has one of the highest amounts of polyunsaturated fats -- linoleic acids (omega-6),⁵ which can help lower cholesterol and may reduce the risk of heart attack.³ Canola oil has the most plant-based omega-3 fat of any common cooking oil and high levels of monounsaturated omega-9 fat (oleic acid).⁵

While all edible oils containing monounsaturated fatty acids are recognized as heart healthy by the FDA,¹² many edible oils contain varying levels of this dietary fatty acids. See how different seed and vegetable oils compare below.



As the evidence demonstrates, seed oils, like soybean oil, can have a positive effect on your health by offering heart health benefits, preventing chronic diseases like obesity and even reducing inflammation. To learn more about soybean oil, its benefits and how to incorporate it into your diet, visit ussoy.org