



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

## 5 Fascinating Facts About Seed Oils

Seed oils are a type of vegetable oil that include:

Canola	Rice
Corn	Safflower
Cottonseed	Sesame
Grapeseed	Soybean

Seed oils are a source of essential fats that provide our bodies with energy<sup>2</sup> and play an important role in supporting overall health. Most of the fat in seed oils is unsaturated, and research shows that replacing saturated fat with plant-based oils is linked to lower risk of death from all causes, including heart disease.<sup>3</sup> Consumption of linoleic acid, an omega-6 polyunsaturated fatty acid prevalent in seed oils, is specifically associated with multiple health benefits.<sup>4</sup>

In the last few years, online conversation around seed oils has increased, including claims that are not backed by scientific evidence. Read on to learn more about the health benefits of these common pantry staples, according to decades of clinical research!

### FUN FACT:

Soybean oil is a seed oil and is commonly labeled as “vegetable oil” at the grocery store. In fact, it is the most widely consumed edible oil in North America!<sup>1</sup>

### FACT #1:

## Seed oils are safe to consume

Most seed oils are processed to ensure they're safe, healthy, and affordable. This often involves using food-grade solvents like hexane to efficiently extract the oil. Hexane is then meticulously removed, resulting in pure, crude seed oil. In fact, you'd need to consume 100 times the average daily amount of seed oils to reach even the minimal level of hexane that would be considered unsafe.<sup>5</sup> After processing, seed oils remain sources of vitamin E, an antioxidant crucial for immune function, vision, brain health, and skin protection.<sup>5</sup>

### FACT #3:

## Seed oils may lower the risk of heart diseases

The majority of fat in seed oils is unsaturated, and replacing saturated fats with essential unsaturated fats can be good for your heart.<sup>3,9</sup> The American Heart Association recommends the majority of fats you consume should be monounsaturated or polyunsaturated, instead of foods that contain saturated fats.<sup>9</sup>

Evidence also suggests that a diet high in whole foods containing omega-6 linoleic acid – the type of polyunsaturated fat found in seed oils – can help lower cholesterol and blood sugar and reduce heart disease risk, as part of a low-saturated fat and low-cholesterol diet.<sup>7,14</sup> Soybean oil, due to its predominantly unsaturated fat profile, lowers circulating cholesterol levels and may reduce risk of coronary heart disease.<sup>7</sup>

### FACT #2:

## Seed oils do not contribute to inflammation or oxidative stress

Seed oils contain the omega-6 fatty acid linoleic acid, which is a type of polyunsaturated fat.<sup>6</sup> Leading health organizations have concluded that consuming omega-6 fatty acids does not increase inflammation or oxidative stress.<sup>7</sup> In fact, evidence suggests that diets high in omega-6 fatty acids may reduce inflammation markers or even leave them unchanged.<sup>8</sup>

Soybean oil also contains the omega-3 polyunsaturated fatty acid alpha-linolenic acid.<sup>6</sup> 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.<sup>4,5</sup>

### FACT #4:

## Seed oils serve a variety of functions in home cooking

Soy, canola, corn, sunflower, cottonseed, grapeseed, safflower and rice bran are all seed oils with different applications. Soybean and canola oils are great for sautéing or grilling veggies, creating dressings for salads and sandwiches, and baking your favorite treats. Soybean oil also has a neutral taste, which means it won't impact the overall flavor profile of the food being heated or prepared.



## FACT #5:

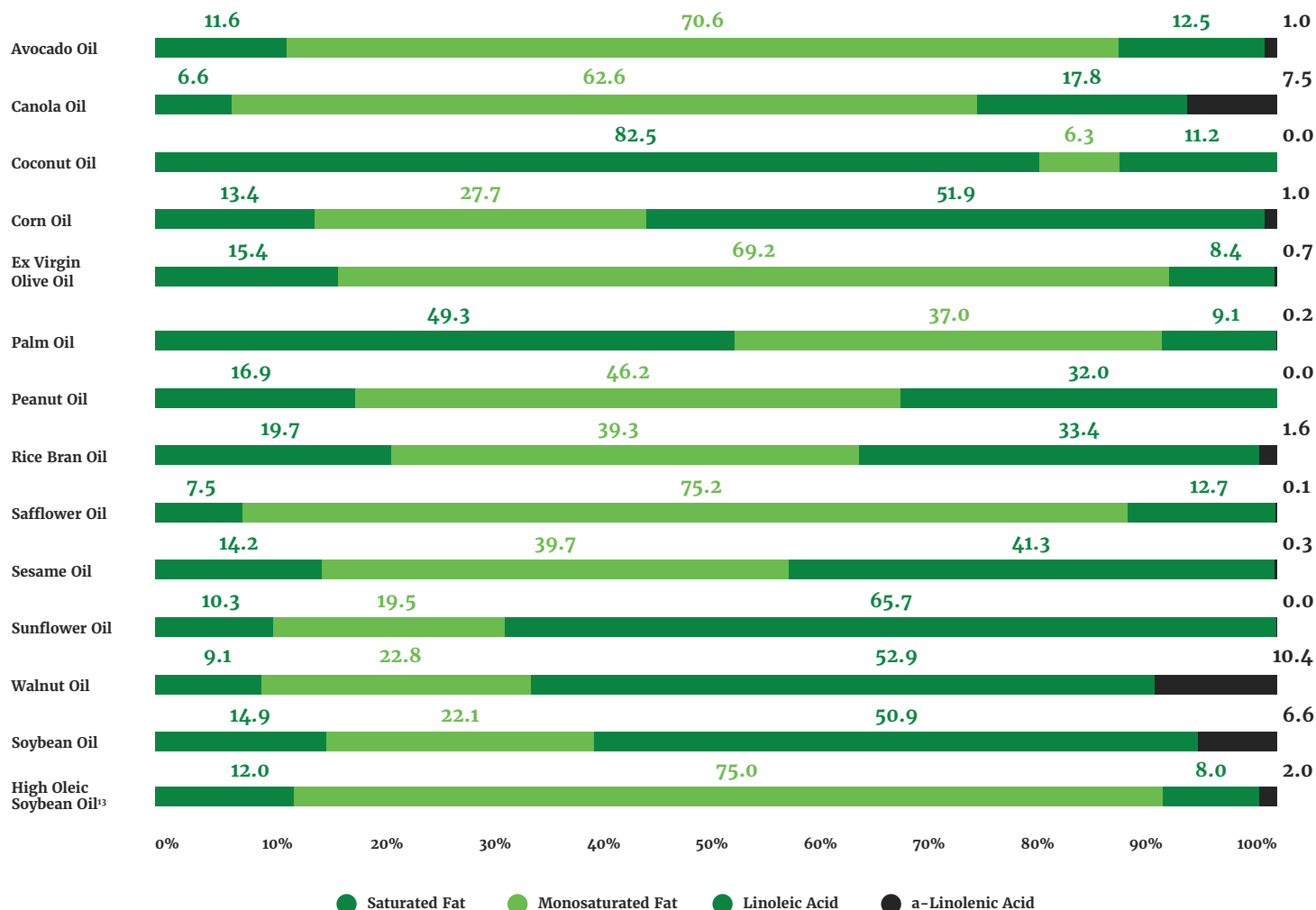
# They have varying fat profiles

Not all seed oils are the same! Let's compare the dietary fat of the two most common oils: soybean oil and canola oil. Both oils contain both monounsaturated and polyunsaturated fats.<sup>6,10</sup> Among seed oils, soybean oil has one of the highest amounts of linoleic acid,<sup>6</sup> which can help lower cholesterol and may reduce the risk of heart disease.<sup>12</sup> Canola oil has more alpha-linolenic acid

than other common cooking oils and high levels of oleic acid, an omega-9 monounsaturated fat.<sup>10</sup>

While all edible oils high in oleic acid are recognized with an FDA qualified health claim,<sup>11</sup> many edible oils contain varying levels of this dietary fatty acid.

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.<sup>4</sup>

To learn more about the health benefits of seed oils and how to incorporate them into your diet, visit [ussoy.org](https://ussoy.org)

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