

SKIPPING SEED OILS COULD IMPACT YOUR HEALTH

Seed oils are often misunderstood, but they play an important role in a healthy diet. Here's why they deserve a spot in your kitchen:

Your Body Needs **ESSENTIAL FATS**

Seed oils like **soybean**, **canola**, **safflower**, and **grapeseed** are predominantly composed of essential fatty acids like **omega-6** (linoleic acid) and **omega-3** (alpha-linolenic acid).¹

Your body can't make these on its own, so you need to get them from food.

These fats may help support everything from brain function² to skin health.³



Lower Risk of **TYPE 2 DIABETES**

Seed oils may also help with blood sugar management. Studies suggest that people who replace saturated fats with polyunsaturated fats tend to have better insulin sensitivity and a lower risk of developing type 2 diabetes.⁷⁻¹⁴

HEART HEALTH BENEFITS

Swapping out saturated fats (like butter or coconut oil) for seed oils can help lower "bad" LDL cholesterol and reduce your risk of heart disease.⁴

The U.S. FDA recognizes soybean, canola, corn, and olive oils for their heart-protective benefits.⁵

Randomized controlled trials that replaced saturated fat with polyunsaturated vegetable oil reduced the risk of coronary heart disease by nearly

30%

That's a big deal for long-term heart health.⁶

SUPPORT OVERALL HEALTH

Linoleic acid lowers cholesterol levels and is associated with a **decreased risk of heart disease, diabetes, cancer¹⁵, and all-cause mortality.¹⁶**

THE BOTTOM LINE:

Seed oils aren't just cooking ingredients—they're important sources of nutrients your body needs to stay healthy. **When consumed as part of a balanced diet, they can play a key role in protecting your heart, managing blood sugar, and supporting overall wellness.**

SOY

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