

ON INFLAMMATION AND FATTY ACIDS

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

FACT:

Soybean oil contains both essential fatty acids, the omega-6 fatty acid, linoleic acid, and the omega-3 fatty acid, alpha-linolenic acid.¹

FACT:

Omega-6 polyunsaturated fat, such as linoleic acid, does not increase inflammation. Leading health organizations have concluded that omega-6 polyunsaturated fat, such as linoleic acid, does not increase inflammation.²

FACT:

Scientists no longer make recommendations about the ideal dietary ratio of omega-6 to omega-3 fat.³

FACT:

Omega-6 polyunsaturated fat in soybean oil may lower the risk of heart disease and does not cause inflammation.⁴

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 some studies suggest may reduce all-cause mortality and CVD mortality.⁵

Health organizations and leading experts recommend replacing saturated fat in the diet with omega-6 polyunsaturated fat as they are associated with a reduced risk of heart disease.⁶

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