

SoyConnection

By U.S. Soy

Practical Tips for Consuming Fats and Oils

Breakdown of Fat Types

Trans fats are typically made through partial hydrogenation, an industrial process where hydrogen is added to make liquid fat solid at room temperature. Partially hydrogenated fats have a longer shelf life than oils high in unsaturated fatty acids. However, trans fatty acids increase circulating levels of low-density lipoprotein (LDL) cholesterol and lower high-density lipoprotein (HDL) cholesterol levels which contributes to cardiovascular disease risk.¹

On a nutrition facts label, “total fat”, “saturated fat”, and “trans fat” are required to be displayed. However, if a food contains less than 0.5 grams of trans fat per serving, it can appear as 0 grams of trans fat.²

In 2015, the FDA took its first significant step to reduce artificial trans fat in the food supply by determining that partially hydrogenated oils (PHOs) are no longer “Generally Recognized as Safe” (GRAS) due to their adverse health effects. The FDA established January 1, 2021, as the final compliance date to allow manufacturers time to reformulate products. In 2023, the FDA implemented a direct final rule to eliminate PHOs from processed foods to further reduce trans-fat levels in packaged foods.³ Many manufacturers have replaced trans fats with saturated fats, such as palm oil, to improve shelf stability and achieve a solid texture at room temperature.

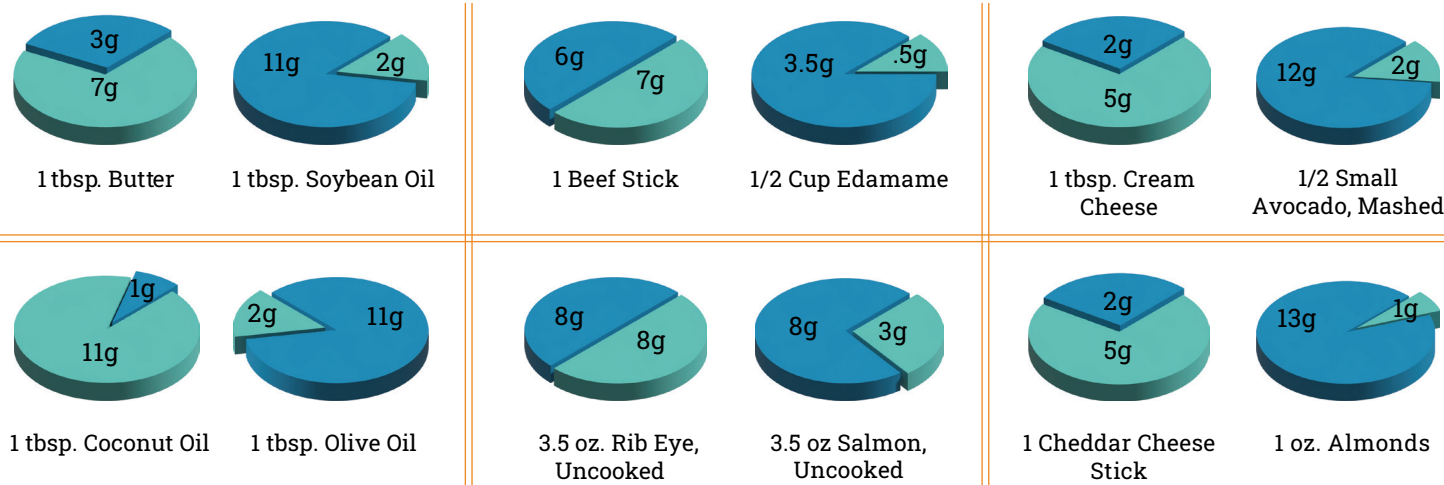
Saturated fats are typically solid at room temperature and most types increase circulating levels of LDL cholesterol. Saturated fats are typically found in butter, cheese, meat, whole fat dairy, and some plant oils like coconut and palm oil.

Unsaturated fats include monounsaturated (MUFA) and polyunsaturated (PUFA) fats. Unsaturated fats lower cholesterol absorption and reduce overall cholesterol levels by increasing the activity of LDL receptors in the liver, which helps clear LDL particles (lipoproteins carrying cholesterol) from the bloodstream.⁵ Unsaturated fats are commonly found in fatty fish, nuts, seeds, and plant-based oils like soybean, canola, avocado, and olive oil. If the nutrition facts label does not include MUFA and PUFA facts, consumers can calculate those manually by subtracting the saturated and trans fats from the total fat grams. The remaining fat grams are unsaturated fats.

Soybean oil carries an FDA qualified health claim related to heart health.⁴

Swaps to Reduce Cardiovascular Risk

◆ Saturated Fats ◆ Unsaturated Fats



References

1. Iqbal MP. Trans fatty acids - A risk factor for cardiovascular disease. Pak J Med Sci. 2014 Jan;30(1):194-7. doi: 10.12669/pjms.301.4525. PMID: 24639860; PMCID: PMC3955571. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3955571/>.
2. U.S. Food and Drug Administration. (n.d.). Small entity compliance guide: Trans fatty acids, nutrition labeling, and nutrient content claims. U.S. Department of Health and Human Services. Retrieved November 7, 2024, from <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-entity-compliance-guide-trans-fatty-acids-nutrition-labeling-nutrient-content-claims-and>
3. U.S. Food and Drug Administration. Final Determination Regarding Partially Hydrogenated Oils. Publication date: 06/17/2015. <https://www.federalregister.gov/d/2015-14883>.
4. Qualified Health Claim Petition - Docket No FDA-2016-Q-0995. <https://www.fda.gov/media/106649/download>.
5. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. <https://www.ahajournals.org/doi/10.1161/cir.0000000000000678>.

Tofu Banh Mi

Prep Time: 8 Minutes

Cook Time: 5 Minutes

Total Time: 13 Minutes

Makes: 2 Sandwiches

Ingredients

Pickled Vegetables

- 1 ½ cup carrots, shredded
- 6 red chilies, sliced (more or less depending on how much heat you can handle)
- ½ cup sugar
- 1 cup water
- 1 cup white vinegar
- 1 teaspoon fish sauce

Fish Sauce Mayo

- ¼ cup mayo
- ½ teaspoon fish sauce
- ½ of a lime, just the juice
- ½ teaspoon sugar

To Finish

- 2 baguettes
- 6 ounces fried tofu (you can find it at any Asian market)
- 1 handful mint leaves
- 1 handful cilantro
- 1 lime
- soybean oil (vegetable oil)



Tomato & Roasted Pepper Soup

Prep Time: 10 Minutes

Cook Time: 35 Minutes

Total Time: 45 Minutes

Makes: 6 Servings



Ingredients

- 1 tablespoon soybean oil (vegetable oil)
- 1 onion (small), diced
- 1/2 cup roasted red peppers (chopped)
- 1 clove garlic, chopped
- 2 cups plain soymilk
- 2 cups low sodium vegetable or chicken broth
- 1/4 cup fresh basil leaves (packed)
- 1 can peeled unsalted tomatoes, undrained (28 oz.)
- 1 teaspoon salt and pepper (to taste)

Instructions

- Heat soybean oil in large saucepan over medium heat. Add onions and garlic and cook for 2 to 3 minutes until soft.
- Place onions, garlic, tomatoes, red peppers, basil and vegetable broth in food processor or blender. Puree for 30 seconds until smooth.
- Return to saucepan and heat over medium heat. Add soymilk and cook, stirring occasionally, until soup begins to simmer. Season with salt and pepper, as desired.