



SOYBEAN OIL NUTRITION, FUNCTIONAL APPLICATION AND SUPPLIERS



The Nutritional Advantages of Soybean Oil

Soybean oil contains the polyunsaturated fatty acids, linoleic and alpha-linolenic, which are essential fatty acids that our body cannot produce and must acquire from our diets. These vital components are necessary for normal cell maintenance and regulating key functions that support a healthy body.

Population studies show that higher intake of linoleic acid (omega-6 fatty acid) – the primary fatty acid in soybean oil – is associated with lower risk of cardiovascular disease (CVD), coronary heart disease,¹⁻² type 2 diabetes³ and overall mortality.

The U.S. Food and Drug Administration has recognized soybean oil for its cardiovascular health benefits with a qualified health claim for soy oil:

“ **Supportive but inconclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) of soybean oil daily may reduce the risk of coronary heart disease.**⁴ ”

In addition, increased uptakes of alpha-linolenic (omega-3 fatty acid) may help reduce inflammation, which is thought to be involved in the development of chronic conditions like heart disease, cancer and diabetes.

Leading health organizations have concluded that omega-6 fatty acid (linoleic) does not increase inflammation.⁵ In fact, the evidence suggests that diets high in omega-6 fatty acids reduce inflammation markers or left them unchanged.⁶

The Functional Versatility of Soybean Oil

Soybean oil is widely used in foods due to its neutral flavor profile, versatile functionality, high smoke point and budget friendliness. It can often be found in dressings, sauces, margarines and numerous baked goods and snack foods. Functionally, soybean oil is used in food preparation for deep fat or pan frying and sautéing. It also serves as a food ingredient that carries spices and flavoring components, acts as a binding or emulsifier agent and provides tenderness and structure to foods.



High Oleic Soybean Oil (HOSO)

High oleic soybean oil, a variation of soybean oil, is the latest innovation from the U.S. Soy. It is comprised mainly of monounsaturated oleic fatty acid (omega-9) and is superior in oxidative stability to soybean oil, while still possessing the same soybean oil benefits of heart health, neutral flavor, a high smoke point (450° F) and domestic sourcing.

Functional benefits:

- Offers superior oxidative stability, which can extend a food's shelf life and often eliminate the need for synthetic and natural antioxidant systems, resulting in less processing. With its high oxidative stability and neutral flavor, high oleic soybean oil allows the food's true and natural flavors to stand out.
- In a frying operation, high oleic soybean oil's resistance to breaking down at high temperatures allows it to be used longer before replacement is needed. This results in a longer oil fry life, lower operating costs and a noticeable reduction in polymer build-up on equipment, leading to less equipment maintenance.



SOYBEAN OIL AND HIGH OLEIC SOYBEAN OIL SUPPLIERS

Soybean Edible Oil Processors:

 / adm.com	 / agp.com	 / boydstation.com
 / bunge.com Booth #1638	 / cargill.com Booth #818	 / chsinc.com
 / ldc.com	 / ndsoy.com	 / perdueagribusiness.com
 / riceland.com	 / sdsbp.com	 / zfsinc.com

Soybean Oil Brand Suppliers:

 / aak.com Booth #814	 / adamsgrp.com	 / cataniaoils.com
 / cheflerfoods.com	 / cmcfoodsus.com	 / cvoils.com
 / gemsoils.com	 / healthybrandoil.com	 / ifpc.com
 / maverikoils.com	 / qualityroasting.com	 / richardsonfoodandingredients.com Booth #1603
 / stratasfoods.com	 / venturafoods.com	

Soybean Oil Food Distributors:

 / gfs.com	 / pfg.com	 / shamrockfoodservice.com
 / sysco.com	 / usfoods.com	

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