Potential Public Health Risks of Avoiding Seed Oils

Scientific evidence supports the role of seed oils in reducing chronic disease risk, improving cardiovascular health, and providing essential fatty acids and nutrients. Avoiding seed oils could lead to negative public health implications.

Deficient in Fatty Acids Needed for Bodily Function

Seed oils are a primary source of the polyunsaturated fatty acids **linoleic acid (omega-6) and alpha-linolenic acid (omega-3)**, both essential for human health. Humans need to consume fat (along with carbohydrates and protein) daily to support bodily function. Seed oil helps us consume the fatty acids what we need.[1]

Increased Cardiovascular Disease (CVD) Risk

Scientific evidence supports the replacement of saturated fats with **polyunsaturated fats (PUFAs)**, which lower LDL cholesterol and reduce heart disease risk.[2] The U.S. **FDA recognizes canola, corn, soybean, and olive oils**[3] for their heart-protective benefits. Studies show that **consuming linoleic acid can decrease risk of coronary heart disease by 29%.**[4]

Higher Type 2 Diabetes Risk

Research suggests that linoleic acid improves **insulin sensitivity** and reduces **insulin resistance**, lowers risk of type 2 diabetes.[5-11] Studies suggest as linoleic acid intake increases, the risk of developing diabetes decreases.[12]

Loss of Essential Nutrients

Seed oils provide vital **vitamin E**, an antioxidant crucial for **immune function, vision, brain health, and skin protection**.[13] Avoiding seed oils may lead to deficiencies in this essential nutrient.

Eliminating seed oils could result in higher cholesterol levels, increased CVD and diabetes risk, and essential fatty acid and vitamin E deficiencies. Maintaining a balanced intake of healthy fats, including polyunsaturated fats, is crucial for long-term health.

For a deeper dive into the scientific evidence, scan this QR code or visit www.SNIGlobal.org/seedoils.

1. https://www.ahajournals.org/doi/10.1161/circulationaha.108.191627
2. https://iris.who.int/handle/10665/375034
3. https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/qualified-health-claims-letters-enforcement-discretion
4. https://www.ahajournals.org/doi/10.1161/cir.0000000000000510
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13. https://www.mayoclinic.org/drugs-supplements-vitamin-e/art-20364144

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