



# Understanding Seed Oils: Myths vs. Facts

An analysis of health implications of seed oils

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# Introduction

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- Seed oils are commonly used in cooking.
- Controversy over health impacts from influencers and health advocates.
- Primary focus of discussion: Are seed oils harmful?





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## What Are Seed Oils?

Derived from seeds,  
common types include:

- Canola (rapeseed)
- Sunflower
- Soybean
- Corn
- Grapeseed
- Rice Bran
- Safflower

# Claims Against Seed Oils

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- Believed to promote inflammation and linked to various health issues (e.g., type 2 diabetes, obesity).
- Criticism from public figures (e.g., Robert F. Kennedy Jr.).



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# Inflammation and Health

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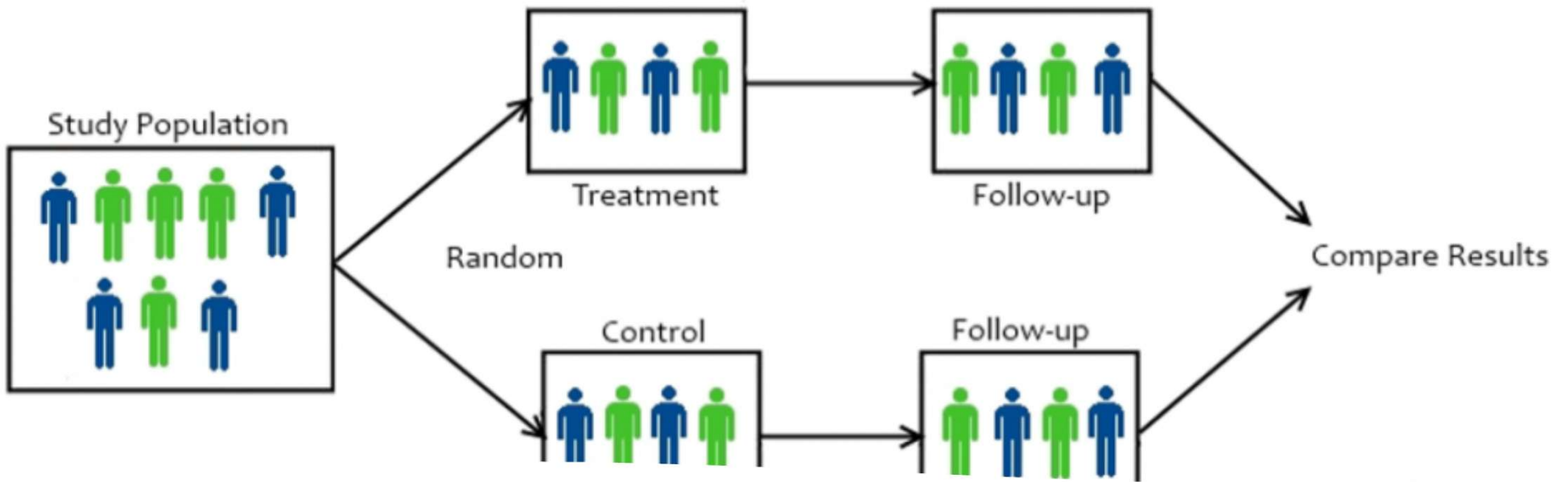
## Omega6 Fatty Acids:

- Found in high amounts in many seed oils.
- Suggested to have inflammatory properties.

## Key Insight:

- Inflammation is a natural response critical for healing.
- Evidence shows seed oils are not inflammatory.





## Scientific Evidence

- Over 15 randomized control trials
  - show refined seed oils do not cause inflammation.
- Linoleic acid in oils like sunflower lowers inflammation.
- Real body responses differ from lab results.

# Production Methods

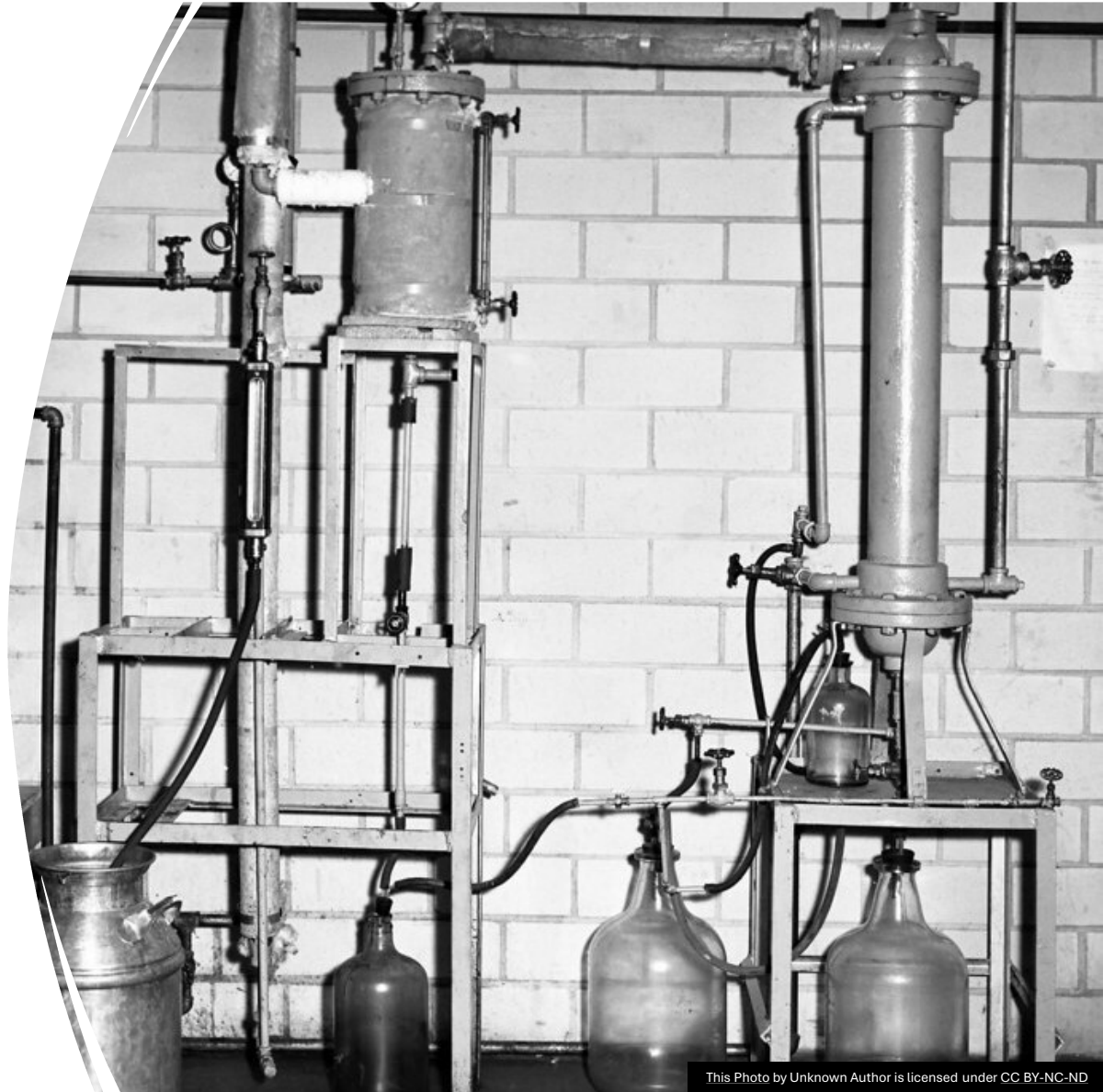
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Seed oil extraction methods include:

- Cold pressing
- Solvent extraction (e.g., hexane)

Myth: Hexane poses a health risk.

- Trace amounts determined safe.



# Nutritional Benefits

- High in unsaturated fats.
- Helps lower LDL cholesterol and reduce heart disease risk.
- Contains essential vitamins (e.g., Vitamin E).

**1. Serving size information** points to: 8 servings per container, Serving size 2/3 cup (55g)

**2. Calorie information** points to: Amount per serving **Calories 230**

**3. Nutrient amounts** points to the nutrient list:

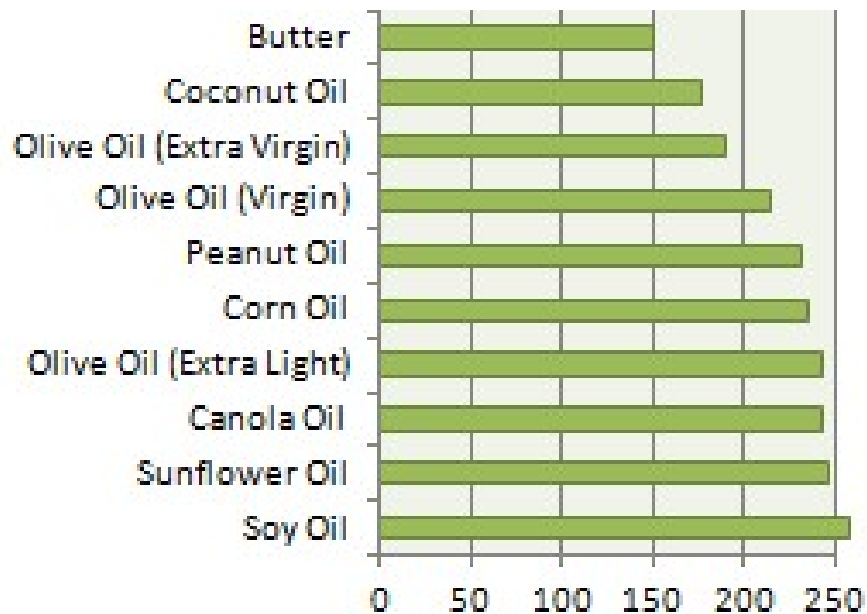
	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

**4. % Daily Values** points to the % Daily Value column.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Cooking with Seed Oils



## Smoke Points:

- Every oil has a temperature threshold.
- Cooking methods generally do not produce harmful compounds.

## Safety in Home Cooking:

- Normal frying occurs at safe temperatures.



## Correlation vs. Causation

Increased seed oil consumption correlates with rising obesity and chronic diseases.

Consider other dietary factors (sugar intake, processed foods) and lifestyle changes.

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# Conclusion

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- Current evidence suggests seed oils are safe when used in moderation.
- Nutritional benefits outweigh potential risks when incorporating them into a balanced diet.

