

Soybean Oil Oh My!

Studies are showing that soybean oil is linked to major health problems like obesity, diabetes, and mental fatigue.

"In all likelihood, it is not healthy for humans." - UC Riverside research team

Soybean oil is in A LOT of the food we eat — from packaged meals to fast food, making it VERY difficult to cut out of your diet. We now know how soybean oil could be affecting our bodies — and it's NOT good.

For starters, soybean oil is VERY high in omega-6 fatty acids and is *extremely dangerous* if over consumed.

Historically, humans ate omega-6 fatty acids and omega-3 fatty acids in a balanced, 1:1 ratio. But we're now eating as much as **20x** more omega-6s than omega-3s! And high levels of omega-6s can lead to problems like obesity, arthritis, and more.

In a 2015 study, scientists found that mice who ate soybean oil gained more weight, developed more fat, and were at greater risk of diabetes and insulin resistance.

Here's what the lead scientist said about the study:

"This was a major surprise for us -- that **soybean oil is causing more obesity and diabetes than fructose** -- especially when you see headlines everyday about the potential role of sugar consumption in the current obesity epidemic." - Dr. Poonamjot Deol

So, what can you do to limit your exposure to soybean oil?

Well fortunately, there are a few steps you can take to avoid this dangerous ingredient:

#1 — Eye the Labels

Whenever I stop and read the food labels at the grocery store...I'm always blown away by some new chemical ingredient I've never heard of before. But there's another good reason to check the ingredients:

Companies love "sneaking in" harmful oils, emulsifiers, and sweeteners

And soybean oil is one of the MOST common added ingredients in packaged food. So the next time you're at the grocery store, be sure to check the labels for this dangerous cooking oil.

#2 — Hold the Dressing

I get it — sometimes, you just don't have time to cook yourself a nice meal at home. So if you're someone who eats fast food regularly, consider this: Order the salad, and hold the dressing.

While most fast food options — like burgers and fries — are fried in soybean oil... salads are not. Unfortunately though, many commercial salad dressings are made with soybean oil. This is why I always recommend skipping the dressing and r

(If you still want that tangy dressing taste, check the ingredients label, looking out for any added soybean oil, sugars, and emulsifiers).