

Nutrition Fact Check Seed Oils

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You've probably heard the term seed oils a lot recently, everywhere from social media to the news to conversations with friends and family.

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What are seed oils?

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I'm Lena Beal, Academy of Nutrition and Dietetics media spokesperson and registered dietitian and nutritionist.

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Here's what you need to know about seed oils. Seed oils such as canola, soybean, safflower, corn, cotton seed, grapeseed, rice bran, and peanut oil are common in cooking.

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Research continues to support using seed oils as part of a balanced diet, especially in place of saturated fats like butter, because seed oils may help lower the risk of heart disease.

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While some people have raised concerns about inflammation, most studies do not show any issues when seed oils are eaten in normal amounts.

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Like any fat, moderation is key, especially when you pair them with a diet full of whole, minimally processed foods.

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The problem is that many Americans get their seed oils from ultra processed foods, which generally lack healthy nutrition.

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When you use seed oils at home to cook meals and swap them for saturated fats, it can lower cholesterol and improve overall heart health.

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Incorporating seed oils thoughtfully into your diet can be a meaningful way to support your health.

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Everyone's dietary needs are different.

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To ensure you get the nutrition plan tailored for your health needs, see a registered dietitian nutritionist and for more information on seed oils, go to eatrightpro.org/NutritionFactCheck.