

The remarkable benefits of soya bean oil

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The health benefits of soya bean oil include its ability to improve heart health, lower cholesterol, improve the immune system, reduce cognitive disorders, prevent osteoporosis, and improve growth, while also boosting eye and skin health.

What is soya bean oil?

Soya bean oil is a vegetable oil that is extracted from soya beans, which are scientifically known as *Glycine max*. It is one of the most widely used vegetable oils in the world, possibly because soya beans are some of the most widely cultivated and utilised plants, particularly in recent decades. Soya bean is native to East Asia and is considered a legume; however, despite its limited origin, it is highly prized for its edibility. Most soya bean oil is refined, blended, and sometimes hydrogenated and it can be categorised into different levels and strengths, depending on the desired application.

Soya bean oil is considered healthier than most other vegetable oils due to the presence of a good variety of essential fatty acids, which the body needs in order to remain healthy. Soya bean oil also contains several plant sterols, which can have a wide variety of health benefits for people who regularly include soya bean oil in their diet. The vitamin and mineral content of soya bean is what gives this delicious and widely useful legume its fame.

Controls cholesterol levels

Soya bean oil can decrease your chances of getting atherosclerosis and other heart conditions such as heart attacks and strokes. As mentioned above, the good balance of fatty acids contained in soya bean oil means that the body can get the important and

necessary fatty acids, including those that regulate cholesterol levels.

Omega-3 fatty acids can reduce dangerous cholesterol levels and counteract the negative types. Furthermore, other fatty acids such as stearic acid, palmitic acid, and oleic acid are also found in balanced quantities.

The fatty acid composition of soya bean oil, as well as the powerful plant sterols, such as β -sitosterol, can actually cause a reduction in cholesterol storage in the gut by 10 to 15% – not what you would normally expect to hear from a ‘fatty’ acid.

Another important function of vitamin K is its osteotropic potential, which means that it can stimulate the regrowth or promote the healing of bones. While this is often associated with calcium, vitamin K (of which soya beans have plenty) can also stimulate bone development in a very positive way. Therefore, make sure you switch to soya bean oil if you want to prevent conditions such as osteoporosis, which is often a natural result of the ageing process.

Improves vision

Omega-3 fatty acids, which make up approximately 7% of the total fatty acid content in soya bean oil, help to protect cell membranes. This includes the very fragile and dangerous areas of the skin and eyes, both of which are common entry points for bacteria and other foreign material. These acids also promote better vision by acting as antioxidants and neutralising free radicals that can cause macular degeneration and cataracts.

Skincare

The high vitamin E content in soya bean oil also acts as a powerful antioxidant while similarly protecting the skin from damage



caused by free radicals. Vitamin E is directly associated with improving the appearance of blemishes, reducing acne scarring, protecting the skin against sunburn, and stimulating the regrowth of new skin cells to promote healing. Vitamin E is also associated with general antioxidant activity in the rest of the body, which boosts the immune system and helps to eliminate free radicals that cause conditions such as cancer, premature ageing, cognitive disorders, and heart diseases.

A word of caution

Remember, it may be a healthier form of vegetable oil, but it is still somewhat high in omega-6 fatty acids. Although ‘essential’, it is still a problem if it is not evenly balanced. There are still calories involved. Furthermore, soya beans are closely related to peanuts, so with the increasing numbers of peanut allergies around the world, be careful with soya bean oil. Aside from that, enjoy and happy cooking! 🌱

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