

Vegetable Oils and Inflammation

Studies show that omega-6 fats in sunflower oil are good for heart health and do not contribute to inflammation.¹

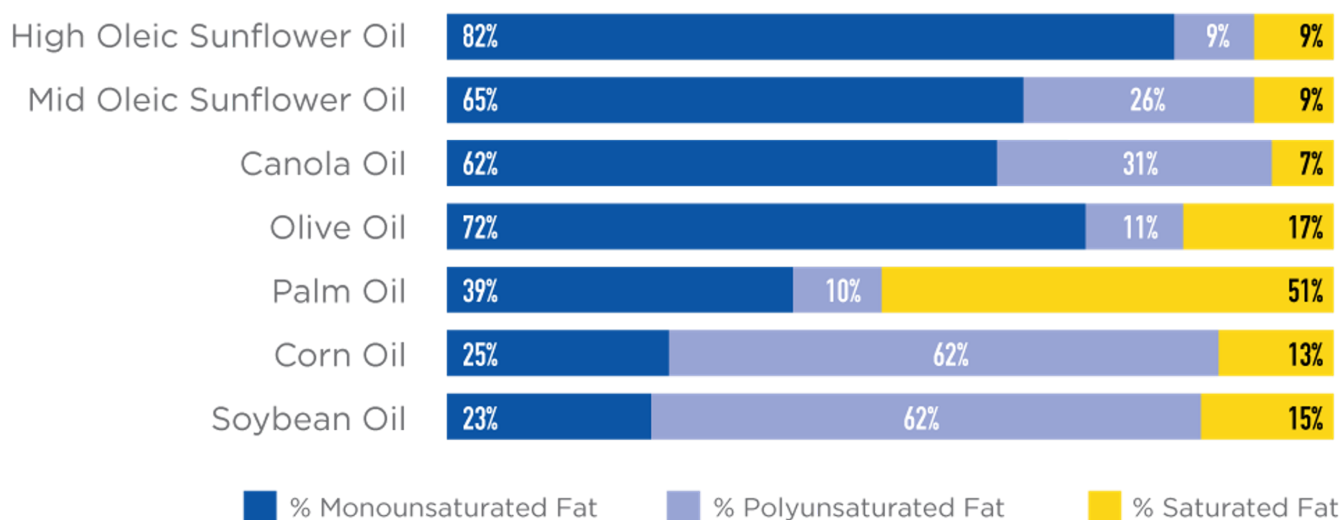
Recently, there has been some discussion that processed vegetable oils are linked to promoting inflammation in the body. The cause of this discussion is related to the presence of omega-6 fatty acids, a type of polyunsaturated fat found in vegetable oils.

Turns out, there is no cause for concern. A scientific review of 15 clinical trials failed to find any support for the claim that omega-6 fats cause inflammation.² In fact, studies show that the reverse is true: omega-6 fats have no impact on markers of inflammation, but may actually help lower blood cholesterol concentration and reduce heart disease risk.³

Mid oleic and high oleic sunflower oil contain beneficial omega-6 fat. But the highest concentration is for monounsaturated fat, which has also been shown to help reduce LDL-cholesterol and lower the risk of developing heart disease.⁴

Here is the fatty acid profile for sunflower oil vs. other commonly used vegetable oils. Note that sunflower oil is lower in saturated fat than several other oils. This is important since Health Canada says, “replacing saturated fats with polyunsaturated and monounsaturated fats with vegetable oils helps lower cholesterol.”²

Fatty acid profile of sunflower oil vs other oils



¹ [https://www.plefa.com/article/S0952-3278\(18\)30074-7/fulltext](https://www.plefa.com/article/S0952-3278(18)30074-7/fulltext)

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6179509/>

³ <https://www.mdpi.com/2072-6643/13/7/2421>

⁴ <https://www.canada.ca/en/health-canada/services/food-nutrition/food-labelling/health-claims/assessments/about-replacement-saturated-mono-polyunsaturated-blood-cholesterol-lowering.html>