

Vegetable Oils & Inflammation

Studies in humans suggest that omega-6 fats in sunflower oil may be linked to decreased inflammation.¹²

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 essential polyunsaturated fat found in vegetable oils.

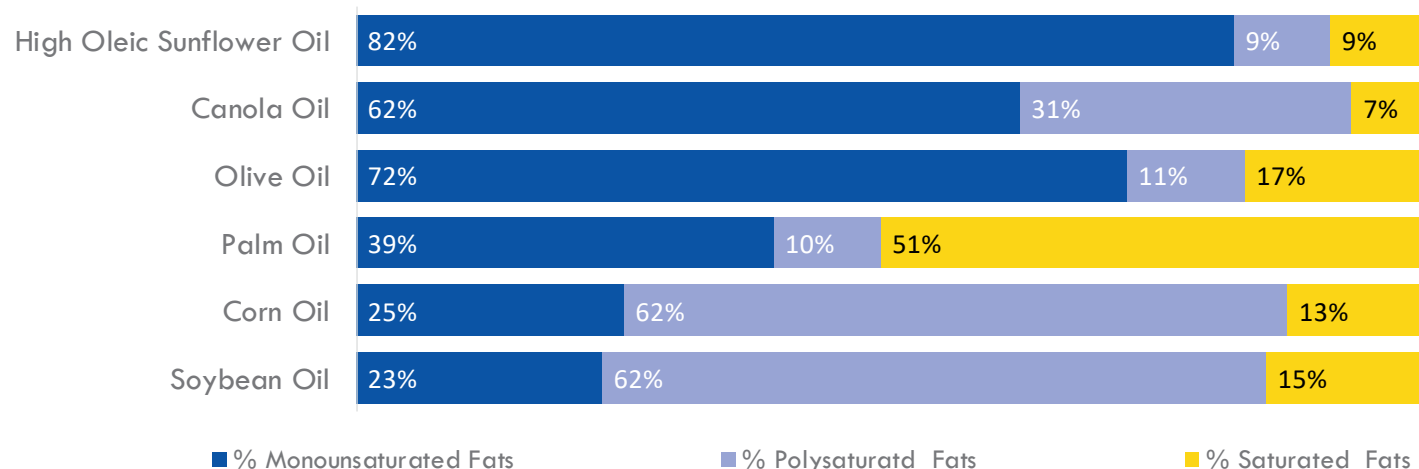
However, there really is no need for concern. The 2020-2025 Dietary Guidelines for Americans² recommend that for those 2 years and older, monounsaturated and polyunsaturated fats (including sunflower oil) be substituted for saturated fats in the diet to help reduce the risk of cardiovascular diseases. Further, the Dietary Guidelines for Americans recommend cooking and purchasing products made with oils higher in polyunsaturated and monounsaturated fats (including sunflower oil). The American Heart Association explains that polyunsaturated fats (including sunflower oil) can help reduce bad cholesterol levels in your blood, which can lower your risk of heart disease and stroke.³ Additionally, the American Diabetes Association recommends including more monounsaturated and polyunsaturated fats than saturated or trans fats in your diet.⁴

A scientific review of 15 clinical trials failed to find any support for the claim that omega-6 fats cause inflammation.⁴ In fact, numerous studies show that the reverse is true: omega-6 fats have no impact on markers of inflammation, and some research shows that omega-6 fatty acids actually decreased inflammation markers which actually help reduce the risk of heart disease.⁵

High oleic sunflower oil also contains beneficial omega-6 fat and is made predominantly of monounsaturated fat, which has also been shown to help reduce LDL bad cholesterol and lower the risk of developing heart disease.⁶

Here is the fatty acid profile for high oleic sunflower oil vs. other commonly used vegetable oils. Note that high oleic sunflower oil is lower in saturated fat than several other oils. This is important since the American Heart Association says that *"replacing saturated fats with polyunsaturated and monounsaturated fats with vegetable oils can help reduce bad cholesterol levels in your blood, which can lower your risk of heart disease and stroke."*³

Fatty acid profile of sunflower oil vs other oils



1. [www.plefa.com/article/S0952-3278\(18\)30074-7/fulltext](http://www.plefa.com/article/S0952-3278(18)30074-7/fulltext)
2. www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf
3. www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/polyunsaturated-fats#:~:text=How%20do%20polyunsaturated%20fats%20affect,of%20heart%20disease%20and%20stroke

4. www.ncbi.nlm.nih.gov/pmc/articles/PMC6179509/
5. diabetes.org/food-nutrition/reading-food-labels/fats#:~:text=The%20American%20Diabetes%20Association%20ADA,Facts%20label%20on%20food%20products
6. www.mdpi.com/2072-6643/13/7/2421