

The Seed Oils Debate: Myths vs Truths

POSITIVE PERCEPTIONS OF SEED OILS ARE IN THE RISE
MEDIA OUTLETS AND HEALTH EXPERTS ARE CLARIFYING THE FACTS ABOUT THEM

The reality is that seed oils can be a valuable and healthy addition to your diet.

Let's make informed choices about seed oils!

Seed oils are an important source of essential fatty acids. These fats, including omega-3s and omega-6s, are crucial for various bodily functions, such as heart and brain health, cell growth, and managing inflammation.

Omega-6 / Omega-3 ratio. Maintaining a balanced ratio of omega-6 to omega-3 fatty acids is important for optimal health. While seed oils are often higher in omega-6, they can still be part of a balanced diet when combined with other omega-3-rich foods.

Not all seed oils are the same. They have diverse nutritional profiles and properties. Some are higher in omega-3s, while others are rich in vitamin E or other antioxidants. This variety allows for versatile use in cooking and provides various health benefits.

Processing methods. Cold-pressed and expeller-pressed seed oils maintain more natural nutrients and beneficial compounds than harsh refining processes involving high temperatures and chemical solvents, and sometimes they are added of natural or synthetic antioxidants. Unrefined and minimally processed seed oils are a great source of healthy fats and can be part of a healthy diet.

Ultra-processed foods are the real concern. Many processed foods rely heavily on seed oils but are also loaded with sugar, salt, and refined carbs. So, it's not always the oil itself that's the problem.

As with any food, moderation is key. Seed oils can be a healthy part of your diet, but it's all about balance. When consumed in moderation, they support a healthy lifestyle as part of a varied and nutritious eating pattern.

Choosing the right oil is important. You should select oils based on their fatty acid profiles and intended uses, such as high-heat cooking or salad dressings. Additionally, seed oils come with a variety of smoke points, so feel free to get creative in the kitchen and explore their versatility.

Chia Oil: A Versatile and Health-Promoting Choice



- Cold-pressed without chemical solvents or diluents
- Pure and unrefined
- Higher Omega-3 concentration
- Healthy Omega-6/Omega-3 ratio
- High Oxidative stability
- Amazing organoleptic properties
- Liposoluble nutrients
- Bioactive compounds

Benexia® Chia oil is a natural and extra virgin oil that stands out from other seed oils due to its high ALA content and a favorable omega-6 to omega-3 ratio.

It offers several potential health benefits, including support for heart health, brain function, skin health, and immunity.

Additionally, it is produced through sustainable farming practices, making it an environmentally friendly option.

Seed oils encompass a diverse range, each offering unique profiles and benefits. By understanding their properties and making informed choices, you can leverage their nutritional power to enhance your well-being. For an exceptional experience, explore the remarkable benefits of Benexia® Chia oil. Visit our [website](#) to learn more and discover its incredible potential.

REFERENCES

- Bazilian, W. (2023, June 27). Podcast Episode 248: Seed Oils: Controversy, Claims & Culinary Uses. Today's Dietitian. <https://www.todaysdietitian.com/newarchives/0623p18.shtml>
- Ewoldt, J.S. (2023, June 23). The pros and cons of seed oils and how to incorporate them in your diet. Mayo Clinic Press. <https://mcpress.mayoclinic.org/nutrition-fitness/the-pros-and-cons-of-seed-oils-and-how-to-incorporate-them-in-your-diet/>
- The Rise of Seed Oils: Why You Should Avoid Them. (2024, February 23). Fond Bone Broth. <https://fondbonebroth.com/blogs/journal/the-rise-of-seed-oils-why-you-should-avoid-them>
- The Truth About Seed Oils: The Good and the Bad. (2023, November 8). cobfoods.com. <https://cobfoods.com/blogs/news/the-truth-about-seed-oils-the-good-and-the-bad>
- Higgins, A. (2024, August 20). There's no reason to avoid seed oils and plenty of reasons to eat them. American Heart Association. <https://www.heart.org/en/news/2024/08/20/theres-no-reason-to-avoid-seed-oils-and-plenty-of-reasons-to-eat-them>
- Are Seed Oils Bad for You? (2023, July 12). mindbodygreen.com. <https://www.mindbodygreen.com/articles/are-seed-oils-bad-for-you>
- Seed Oils Fact Sheet. (2024, January). U.S. Soybean Export Council (USSEC). https://solutions.ussec.org/wp-content/uploads/2024/01/Seed-Oils-Fact-Sheet_FINAL.pdf
- Why Seed Oils Might Be Bad for you? (2023, October 4). Cleveland Clinic. <https://health.clevelandclinic.org/seed-oils-are-they-actually-toxic>
- The Truth About Seed Oils: Myths and Facts. (2023, September 1). Clean Program. Seed Oils - Myths, Facts, and How to Use. <https://www.cleanprogram.com/blogs/health-lifestyle/seed-oil-myths-facts>
- Are seed oils bad for you? Sorting myths from facts. (2023, March 6). The Seattle Times. <https://www.seattletimes.com/life/wellness/are-seed-oils-bad-for-you-sorting-myths-from-facts/>
- RDs Want To Debunk These 4 Myths About Seed Oils and Inflammation. (2023, December 29). Well + Good. <https://www.wellandgood.com/seed-oils-inflammation/>
- 10 Highest-Quality Cooking Oils on Grocery Shelves. (2024, February 23). Eat This, Not That! <https://www.eatthis.com/high-quality-cooking-oils/>