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•OILS Continued from page eight

constraints (just like you cannot use an orange in apple pie, not all fats and oils are created equal). American Soybean

Association President and Kentucky soybean farmer Caleb Ragland said of the study, "This work simply confirms what we already knew.

A ban on seed oils,

including soy, is going to have costly impacts for farmers and costly impacts for consumers—and I don't just mean in the wallet. There is the potential here that we lose consumer choice dased on conjecture and that should not be something we condone in the United States or anywhere, for that matter."

The Food and Drug Administration has recognized the potential health benefits of soybean oil through a scientific review process that supports replacing saturated fats with unsaturated fats found in soybean oil to reduce the risk of coronary heart disease.

Ragland said, "FDA's



qualified health claim for soybean oil found 'supportive scientific evidence' to suggest soybean oil and certain foods made from it may lower "bad" LDL cholesterol and reduce the risk of coronary heart disease.

Why would we rock that boat without any scientific reason if soy oil has, time and again, been found safe and even to have potential health benefitsincluding by European nations like Germany and Austria that also suggest using seed oil, and specifically soybean oil, over other forms of fat can have health benefits and be

a part of a healthy diet? That does not make logical sense and does not seem worth taking away consumer choice and killing nearly half (43%) of our domestic sov oil market."

The bottom line is this: don't fear your food. Kentucky's soybean farmers have no reservations about feeding their families foods that contain soy, including soybean (vegetable) oil.

The science supports soybean oil as a safe and healthy fat, and the marketplace shows that soybean oil is readily available and economically affordable.

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