



# One Fewer Label to Look For

*Why Soybean Oil is Safe to Eat,  
Even for Soy Allergy Sufferers*



Today's consumers, more than ever, want to understand what's in their food and make healthful food choices. But for individuals with allergies and food sensitivities, reviewing food labels can mean the difference between a healthful meal and a trip to the doctor.

Label-conscious eaters notice that soybean oil is a key food ingredient, present in many of today's commercially prepared foods. What they may not know is that highly refined soybean oil is safe—even for those with a soy allergy. The FDA has exempted highly refined soybean oil from being labeled as an allergen, and below are a few reasons why.

## THE FACTS ON HIGHLY REFINED SOYBEAN OIL

**Oil Refining Eliminates Protein** Most soybean oil manufactured in the United States and added to food products is highly refined. The refining process eliminates almost all soy protein, and thereby allergens, from the oil.

**Clinical Tests Confirm Safety** Highly refined soybean oils have been clinically documented to be safe for consumption by individuals allergic to the source food\*. The Food Allergen Labeling & Consumer Protection Act (FALCPA) in the U.S. mandates labeling of all ingredients derived from commonly allergenic foods, including soybeans, with the exception of highly refined oils.

**There Are Exceptions to the Rule** Currently, cold-pressed (also known as extruder-pressed) and expeller-pressed soybean oil and soy lecithin must still be included on source labeling. They contain higher levels of residual protein, although evidence suggests the allergen potential is very low.

## OTHER BENEFITS OF SOYBEAN OIL

**Zero Grams Trans Fat** Conventional soybean oil contributes zero grams trans fat and is a principal source of alpha-linolenic acid (ALA), an omega-3 fatty acid, in the U.S. diet.

**Favorable Nutritional Profile** New soybean varieties such as high oleic, which is now commercially available, produce oils with a favorable fat profile and improved functionality – while still eliminating allergens.

**More Beneficial Fats** High oleic soybean oil delivers three times the amount of beneficial monounsaturated fatty acids (MUFAs) compared to conventional soybean oil. MUFAs benefit heart health when eaten in moderation and used to replace saturated fats or trans fats.

*For more information about soybean oil and soy foods,  
visit [www.soyconnection.com](http://www.soyconnection.com).*

\*Sources:

- 1) Taylor SL, Nordlee JA, Vadas P, et al. Food Chem Toxicol 2006 (submitted).
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- 3) Bush RK, Taylor SL, Nordlee JA, Busse WW. J Allergy Clin Immunol 1985; 76:242-245.
- 4) Taylor SL, Busse WW, Sachs MI, et al. J Allergy Clin Immunol 1981; 68:372-375.
- 5) Halsey AB, Martin ME, Ruff ME, et al. J Allergy Clin Immunol 1986; 78:408-410.

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