

**APRIL IS NATIONAL SOYFOODS MONTH**

**Soybeans**  
Nebraska Soybean Board

# *Soybean Oil*

*...more than you know*

A major component of the soybean, soybean oil, is the most widely used vegetable oil in the country. Liquid soybean oil is low in saturated fat and high in poly- and monounsaturated fats, contains no trans fat and is among the most healthful of all edible oils. It is also one of the few nonfish sources of omega-3 polyunsaturated fatty acids, which may be beneficial in helping to prevent cancer and heart disease.



*For more information call* **800-852-BEAN**

[nebrasikasoybeans.org](http://nebrasikasoybeans.org)