

# News Of Nutrition

## New Soybean Used To Help Make A Healthier Oil

(NAPSA)—A particular kind of soybean is helping farmers meet both the demands of consumers and requirements set out in new federal regulations.

Soybean oil represents two-thirds of all food oil consumed in the United States. Food companies have used soybean oil because it is plentiful and low cost, it's low in harmful saturated fat and has a taste and texture desired by consumers.

However, hydrogen must be added to soybean oil to increase its shelf life and stability for use in processed foods. This hydrogenation creates trans fats. Trans fats are linked to heart disease, because they lower HDL (good) cholesterol while raising LDL (bad) cholesterol.

A 2006 federal rule requiring the disclosure of harmful trans fatty acids on food labels presented a challenge for food manufacturers who relied on soybean oil as a key ingredient.

Manufacturers wanted to be able to tell consumers that their products contained zero trans fats, but they didn't want to change the taste and texture of familiar products by switching to a different ingredient, such as imported palm oil.

Fortunately, a type of soybean called Vistive soybeans, developed by Monsanto, can produce a more stable oil with less need for hydrogenation and little or no trans fats. The improved soybean oil allows food processors to continue to use their preferred food oil, eliminate trans fats and keep saturated fats at a low level.

For example, the Kellogg's Company is using the oil from Vistive soybeans to reduce or eliminate trans fats in a number of products.



**A new type of soybean was created to meet the needs of manufacturers, consumers and farmers.**

By growing Vistive low-linoleic soybeans, U.S. farmers can maintain their food oil market so it doesn't go overseas. In addition, they can earn a premium anywhere from 30 to 45 cents over the general price of soybeans and can maintain a high yield.

The next Vistive offering is likely to be a soybean oil that will offer a trans-fat solution for solid fat products, such as margarine and shortening. Other products in development are being designed to further reduce the already low levels of saturated fats in soybeans, putting it on a par with healthful but more costly olive oil. Also on the horizon is a soybean high in omega-3 fatty acid, the same heart-healthy trait available in diets that emphasize fish.

Experts say American farmers like the prospects of new markets. "For the U.S. soybean industry to compete globally, it's critical that we develop compositional trait products such as Vistive to differentiate the soybean oil market," says American Soybean Association President Bob Metz.